DELIGHTS
FOR
LADIES,
TO
ADORNE THEIR
Perſons, Tables, Cloſets,
and Diſtillatories
WITH
Beauties, Banquets, Perfumes,
and Waters.

Reade, practiſe, and cenſure.

LONDON,
Printed by *H.L.* and *R.Y.* and are to
bee ſold by *Iames Boler.*
1630.

(2)

DELIGHTS
FOR
LADIES,

To all true Louers of Art and Knowledge.

Sometimes I write the formes of burning balls,
Supplying wants that were by wood fals
Sometimes of tubs defended so by Art, (wrought;
As fire in vaine hath their destruction sought.
Sometimes I write of lasting Beuerage,
Great Neptune *and his pilgrims to content;*
Sometimes of food, sweet, fresh, and durable,
To maintaine life, when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres *nor her handmaids knew.*
I write to all: but scarcely one beleeues, (true.
Saue Diue, *&* Denshire, *who haue found them*
When heauens did mourne, in cloudy mantles clad,
And threatned famine to the sons of men:
When sobbing earth denyed her kindly fruit
To painfull plough man and his hindes; euen then
I write, relieuing remedies of dearth,
That Art might helpe, where nature made a faile.

But all in vaine: these new borne babes of Art,
In their vntimely birth straightway doe quaile.
Of these or such like other new found skils,
With painfull pen, I whilome wrought at large;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perfumed:
I scorne to write with coppresse, or with gall:
Barbaria's Canes are now become my quils:
Rose-water is the inke I write withall.
Of sweets the sweetest I will now commend
To sweetest Creatures that the earth doth beare:
These are the Saints to whom I sacrifice
Preserues and conserues both of plum and peare.
Empaling now adiew: tush, marchpane wals
Are strong enough, and best befit our age.
Let piercing bullets turne to sugar bals,
The Spanish feare is husht, and all their rage.
Of Marmelade, and paste of Genua,
Of Musked sugar I intend to write,
of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruits and flowers to preserue,
And candy them; so Nutmegs, Cloues and Mace;
To make both Marchpane paste, and sugerd plate,
And cast the same in formes of sweetest grate.
Each bird and fowle so moulded from the life;
And after cast in sweet compounds of Art,

As if the fleſh and forme which nature gaue,
Did ſtill remaine in euery lim and part.
When cryſtall froſt hath nipt the tender grape,
And clean conſum'd the fruits of euery vine,
Yet here behold the cluſters freſh and faire,
Fed from the branch, or hanging on the line.
The Walnut, ſmallnut, and the cheſnut ſweet,
Whoſe ſugred kernels loſe their pleaſing taſte,
Are here from yeere to yeere preſerued meet,
And made by Art with ſtrongeſt fruits to laſt.
The Artichoke, and th' Apple of ſuch ſtrength,
The Quince, Pomegranate with the Barbarie.
No ſugar vs'd, yet colour, taſte and ſmell,
Are here maintain'd and kept moſt naturally.
For Ladies cloſets, and their diſtillatories,
Both waters, ointments, and ſweet ſmelling bals,
In eaſie tearms without affected ſpeech,
I here preſent moſt ready at their cals.
And leſt with careleſſe pen I ſhould omit
The wrongs that nature on their perſons wrought,
Or, parching Sunne with his looſer raies,
For theſe likewiſe relieuing meanes I ſought.
No idle thoughts, or vain ſurmiſed skil,
By fancy fram'd within a theorick brain,
My Muſe preſents vnto your ſacred eares;
To win your fauours falſely, I diſdaine.
From painefull practice, from experience,
I ſound, though coſtly, myſteries deriue.

With fiery flames, in ſcorching Vulcan's Forge,
To teach and fine each Secret, I do ſtriue.
Accept them well, and let my wearied Muſe
Repoſe her ſelfe in Ladies laps awhile.
So, when ſhe wakes, ſhe haply may record
Her ſweeteſt dreames in ſome more pleaſing ſtile.

H. PLAT.

The Table.

GOod Reader, for the vnderstanding of this Table, know, that a,b,c,d, *doe giue directions vnto the foure seuerall parts or treaties of this booke; (*a*) for the first, the rest in their order.*

A

ANula Campana rootes preserued a,1
Almonds in leach. a,27
Almond butter, to make a,57
Almonds into gelly a,58
Aligar distilled b,16
Apples kept dry all the yeere a,47
Aqua rubea. b,7
Aqua composita of D. *Stevens* b,8
Artichokes kept long. a,69

B

BAgs sweet to lye among linnen d,35
Ball to take out staines d,
Balls to wish with d.8
Balme water b,5
Beaumanger c,1
Beefe rosted kept long. c.18

Beefe powdered, kept long without charge c,19
Beefe freſh at the ſea c,20
Beauty for the face d,7,14
Bisket bread, or French bisket a,19
Bisket called Prince bisket a,20
Bisket called Biskettello a,21
Bloud of hearbs b,22
Borage candied a,11
Bottling of Beere truely c,7
Bottles muſtie helped c,28
Bottle Ale moſt excellent c,32
Brawn to eate, tender & delicate c,13
Broom capers preſerued a,37
Broyling without ſmoke c,26
Bruiſe helped d,24
Butter taſting of ſpice or flowers a,21

C

CAkes ſweet without ſpices or ſugar a,6
Candying of flowers a,9.53
Candying in rock candy a,33.42
Candying of Orenge pils a,35
Candles for Ladies tables c,39

Candles hanging in the aire c,40
Capers of broom preſerued a,37
Capon boyled in white broth c,5
Caſting in ſugar plate a,13
Caſting of ſugar in party moulds a,43
Caſting and moulding of fruit a,44
Cherries preſerued a,8
Cherry pulp kept dry all the yeer a,45
Cherries dried in the Sun a,46
Cheeſe extraordinary c,22
Cheſnuts kept long a,73
Chilblanes helped a,15
Chine of veale or chicken boiled c,10
Cinamon water b,10
Collis white, and like gelly a,55
Comfits of all ſorts a,54
Conſerues of prunes or dãſons a,50 51
Conſerue of Strawberries a,51
Cowcumbers preſerued a,36
Cowſlip paſte a,40
Cowſlip water, or vinegar of the colour of the Cowſlep a,34
Crayfiſh kept long c,31
Cream clowted c,23

D

Damask powder. d,19
Damsons in Marmelade a,31
Damson pulp kept all the yeere a,45
Damsons in conserue a,50,52
Dentifrices for the teeth d,26
Distillation of hearbs in a new manner b,11
Drying of fruits in the Sunne a,46

E

Eglantine water b,20
Eringo rootes preserued a,1
Extract of vegetables b,19

F

Face spotted or freckled, to helpe d,6,23
Face made faire d,7,14
Face full of heat, helped. d,11,16,17 18,19,20,21
Face kept white and cleere d,12
Fish into paste c,14
Fish fryed, kept long c,17
Flesh kept sweet in Summer c,24
Flies kept from oyle peeces c,30

Flounder boyled on the French fashion c.3
Flowers preserued a,7
Flowers candied a,9,11
Flowers in rocke candy a,42
Flowers dryed without wrinkling a,63
Fruit preserued a,8
Fruit how to mould and cast a,44
Fruit kept dry all the yeare a,45.46 47
Fruit kept long fresh a,70

G

GElly chrystalline a,26
Gelly of fruits a,29
Gelly of Almonds a,58
Gilliflower kept long a,61
Gilliflowers preserued a,7
Gilliflower water b,20
Ginger-bread a,22
Ginger-bread dry a,23
Ginger in rock candy a,33,42
Ginger greene in sirup a,49
Ginger candied a,53

Gloues to perfume d,34
Gooſe berries preſerued a,8
Grapes growing all the yeere a,62
Grapes kept till Eaſter a,64

H

Hand water excellent d,2.28
Hands ſtained, to helpe d,5
Hands freckled, to helpe d,6
Hand water of Scotland b,21
Haſell nuts kept long a,72
Haire black altered d,30,37
Haire made yellow d,36
Herbs diſtilled in a new manner b,11
Herbs to yeeld ſalt b,12
Herbs to yeeld bloud b,22
Hony to yeeld ſpirit b,13

I

Iriſh Aqua vitæ b,9
Iſſop diſtilled in a new manner b,11
Iuyce of Orenges or Lemmons kept all the yeere c,35
Iumboles to make a,16

L

Larks to boyle c,4

Lauender distilled in a new manner b,11
Leach of Almonds a,27
Leach a,59
Leg of Mutton boiled after the French fashion c,7
Lemmons in Marmelade a41
Lemmon moulded and cast a,44
Lemmon iuyce kept all the yeer c,35
Lettuce in sucket a,32
Liquorice paste a,40
Lobsters kept long c,1

M

MAce in rock candy a,42
Mallard to boyle c,6
March panepaste a,12.18
Marigolds preserued a,7
Marigolds candied a,9,11
Marigold paste a,40
Marmelade of quinces or dãsons a,30
Marmelade of Lemmons or Orenges a,41
May-dew clarified a,33
Morphew helped d,21,22
Mulberries

Mulberies in gelly a,29
Musk sugar a,2
Mustard meale c,25
Mustinesse helped or preuented in waters b,24

N

NVtmegs in rock candy a,33,43
Nutmegs candied a,34
Nuts moulded and cast off a,44
Nuts kept long a,72

O

ORenges preserued a,34
Orenge pils candyed a,35
Orenges in marmelade a,41
Orenge moulded and cast off a,44
Orenge iuyce kept all the yeare c,35
Oisters kept long c,15

P

PAste of flowers a,14,40
Paste of Nouie a,15
Paste to keepe one moist a,17
Paste called puffe paste a,24
Paste short without butter a,23
Paste of Genua of Quinces a,30

Paſte of fiſh c,14
Peare moulded and caſt off a,44
Peares kept dry a,47
Perfumes delicate, and ſodainly made d,31
Perfuming of Gloues d,34
Pickrel boyled on the french faſhion c,3
Pigeons of ſugar paſte a,10
Pigeons boyled with Rice o,9
Pigge to ſowſe c.1.2
Piggs petitoes boiled after the french faſhion o,8
Plums preſerued a,8
Plums dryed in the Sunne a,46
Pomander to make d,4
Pomander renewed d,32
Pomatum moſt excellent for the face d,13
Pomegranats kept long a,68
Preſeruing of roots a,1
Preſeruing of Cowcumbers a,36
Prunes in conſerue a,50,52
Pulp of fruite kept all the yeare. a,45

Q

Quidinia of Quinces a,28
Quinces into paſte of genua a,30
Quinces in Marmelade a,32
Quinces kept dry all the yeer a,47
Quinces kept long a,67

R

Rabbets of ſugar paſte a,10
Raſpices in gelly a,29
Roots preſerued a,1
Roots candied a,53
Roſa ſolis to make b,6
Roſemary flowers candied a,9
Roſe-leaues to dry a,36
Roſe ſirup a,5
Roſes preſerued a,7
Roſes and Roſeleaues candied a,9.11
Roſe paſte a,40
Roſes kept long a,61
Roſeleaues dryed without wrinkles a,63
Roſewater diſtil'd at Michaelmas b14
Roſewater diſtilled in a ſpeedy manner b.15

Roſe-

Roſe-water moſt excellent b,18
Roſe-water and yet the Roſe-leaues not diſcouered b,23
Roſe-water and oyle drawn together b,25
Roſe-water of the colour of the Roſe c,34
Roſe-vinegar of the colour of the Roſe c,34
Roſe-vinegar made in a new manner c,41

S

Sallet oyle purified and graced in taſte and ſmell c,36
Salmon kept long freſh c,16
Salt of herbs b,12
Salt delicate for the table c,38
Sawſedges of Polonia c,14
Sirup of Violets a,4
Sirup of Roſes a,5
Sparrowes to boyle c,4
Spirit of wine extraordinary b,1
Spirit of wine ordinary b,2
Spirits of ſpices b,3

Spirit of wine tasting of any vegetable b,4
Spirit of hony b,13
Spirit of herbs and flowers b,17
Skin white and cleere d,2
Sun-burning helped d,22
Stoue to sweat in d,27
Strawberries in gelly a,29
Strawberries in conserue a,51
Sucket in Lettice stalks a,32
Sucket of green Walnuts a,49
Sugar musk a,2
Sugar paste for foule a,10
Sugar plate to cast in a,13
Sugar plate of flowers a,14
Sugar plate to colour a,38
Sugar cast in party moulds a,43
Sugar smelling & tasting of the cloue or cinamon a,71

T

TEale to boyle d,6
Teeth kept white & sound d,10
15,16
Thyme distilled in a new maner b,11

Troſſes for the Sea a,39

V

Vinegar diſtilled b,16
Vinegar to clarifie c,37
Violet ſirup a,4
Violet paſte a,40,41
Violet water, or vinegar of the colour of the Violet c,34
Vſquebath b,9

W

Wafers to make a,56
Walnuts in ſvcket a,49
Walnuts kept freſh long a,65,66
Wardens kept dry all the year a,47
Waſhing water ſweet b,21. d,2,28, 29
Whites of eggs broken ſpeedily c,29
Widgen to boyle c,6
Wine, taſting of wormwood, made ſpeedily c,33

Y

Ytch helped d,25

FINIS.

Troſſes for the Sea a,39

V

Vinegar diſtilled b,15
Vinegar to clarifie c,37
Violet ſirup a,4
Violet paſte a,40,41
Violet water or vinegar of the colour of the Violet c,34
Viſquebath b,9

W

Waſters to make a,56
Walnuts in ſucket a,49
Walnuts kept freſh long a,65,66
Wardens kept dry all the year a,47
Waſhing water ſweet b,21,d,2,28,29
Whites of eggs broken ſpeedily c,29
Widgen to boyle c,6
Wine, taſting of wormwood, made ſpeedily c,33

Y

Yeh helped d,25

FINIS.

The Art of Preſeruing, *Conſerning*, *Candy*-ing,&c.

1. *How to preſerue Eringo roots, Ænula Campana, and ſo of others in the ſame manner.*

SEeth them till they be tender: then take away the piths of them,& leaue them in a colander till they haue dropped as much as they will: then hauing a thin ſirup ready, put them being cold into the ſirup beeing alſo cold, and let them ſtand ſo three daies, then boyle the ſirup (adding ſome more freſh ſirup to it, to ſupply that which the rootes haue drunke vp) a little higher: and at three daies end, boyle the ſirup againe without any new addition, vnto the full height of a preſeruing ſirup, and put in your rootes, and ſo keepe them. Rootes preſerued

preſerued in this manner, will eate very tender, becauſe they neuer boyled in the ſirup.

2. *How to make musk-ſugar of common ſugar.*

BRuiſe 4 or 6 graines of Muske, place them in a piece of Sarcenet, fine Lawn or Cambrick doubled: lay this in the bottome of a gally pot, ſtrewing your ſugar theron: ſtop your pot cloſe, and all the Sugar in a few daies will both ſent and taſte of Muske: and you may lay more ſugar thereon, when you haue ſpent that ſugar, which will alſo receiue the like impreſſion. Such Musk-ſugar is ſold for two ſhillings the pound.

3. *How to dry Roſe-leaues in a moſt excellent manner.*

VVHen you haue newly taken out your bread, then put in

in your Roſes in a ſieue, firſt clipping away the whites, that they may be all of one colour: lay them about one inch in thickneſſe in the ſieue; and when they haue ſtood halfe an houre, or thereabout, they will grow whitiſh on the top: let them yet remaine without ſtirring, till the vppermoſt of them bee fully dried: then ſtirre them together, and leaue them about one other halfe houre: and if you finde them dry in the top, ſtirre them together againe, and ſo continue this worke, vntill they bee thorowly dried: then put them, hot as they are, into an earthen pot, hauing a narrow mouth, and being well leaded within (the Refiners of gold and ſiluer call theſe pots Hookers): ſtop it with corke and wet parchment, or with wax and roſin mixed together, and hang your pot in a chimney, or neere a continuall fire, and ſo they will keepe exceeding faire in colour, and moſt delicate in ſent. And if

you feare their relenting, take the Roſe-leaues about Candlemas, and put them once againe into a ſieue, ſtirring them vp and downe often till they be dry: and then put them vp againe hot into your pot.

Note, that you muſt ſet vp your ouen lid, but not lute it about when you ſet in your roſe leaues, either the firſt or ſecond time. *Poſt, numero 6.*

4. *A moſt excellent ſirup of Violets. both in taſte and tincture.*

EXpreſſe the iuyce of clipt Violets, and to three parts of iuyce take one fourth part of conduit water: put the ſame into an Alablaſter mortar, with the leaues which you haue ſtamped, and wring the ſame out thorow a cloth, as you did at the firſt, into the other iuyce: put thereto a ſufficient proportion of the fineſt Su-

gar

ger and brought alſo into a moſt fine powder: let the ſame ſtand 10. or 12. houres in a cleane glaſed earthen pan: then draine away the cleereſt, and put it into a glaſſe, and put thereto a few drops of the iuice of Lemmons, and it wil become cleere, tranſparant, & of the violet colour. Then you may expreſſe more iuyce into the ſugar, which will ſettle in the bottome, with ſome of the thickeſt part of the iuyce: and beating the ſame vpon a gentle fire, it will alſo become a good ſirup of violets, but not comparable to the firſt. By this manner of worke you gaine one quarter of ſirup more than diuerſe Apothecaries doe.

5. *A ſingular manner of making the ſirup of Roſes.*

FIll a filuer Baſon three quarters full of rain-water or Roſe-water: put therein a conuenient proportion

of Roſe-leaues: couer the baſon, and ſet it vpon a pot of hot water (as we vſually bake a cuſtard:) in 3. quarters of an houre, or one whole houre at the moſt, you ſhall purchaſe the whole ſtrength and tincture of the roſe: then take out thoſe leaues, wringing out all their liquor gently, and ſteepe more freſh leaues in the ſame water: continue this iteration ſeuen times, and then make it vp in a ſirup: and this ſirup worketh more kindely than that which is made meerly of the iuice of the Roſe. You may make ſundry other ſirups in this manner. *Quere* of hanging a pewter head ouer the baſon, if the aſcending water will be worth the keeping.

6. *Another way for the drying of Roſe leaues.*

DRy them in the heat of a hott ſunny day vpon a Leads, turning them

them vp and downe till they be dry (as they do hay): then put them vp into glaſſes well ſtopt and luted, keeping your glaſſes in warme places; and thus you may keepe all flowers: but herbs, after they are dried in this manner, are beſt kept in paper bags, placing the bags in cloſe cupboards.

7. How to preſerue whole Roſes, Gilliflowers, Marigolds, &c.

DIp a Roſe that is neither in the bud, nor ouerblowne, in a ſirup, conſiſting of ſugar double refined, & Roſe water boiled to his full height; then open the leaues, one by one, with a fine ſmooth bodkin, either of bone or wood; and preſently, if it be a hot ſunny day, and whileſt the Sunne is in ſome good height, lay them on papers in the Sun, or elſe dry them with ſome gentle heat in

a cloſe roome, heating the roome before you ſet them in; or in an ouen vpon papers, in pewter diſhes: and then put them vp in glaſſes, & keepe them in dry cupboards neere the fire: you muſt take out the ſeeds, if you meane to eat them. You may prooue this, preſeruing with ſugar-candy in ſtead of ſugar, if you pleaſe.

8. *The moſt kindely way to preſerue plums, cherries, goosberries, &c.*

YOu muſt firſt purchaſe ſome reaſonable quantity of their owne iuyce, with a gentle heat, vpon embers, in pewter diſhes, diuiding the iuice ſtill as it commeth in the ſtewing: then boile each fruit in his owne iuyce, with a conuenient proportion of the beſt refined ſugar.

9. How to candy Rosemary-flowers, Rose-leaues, Roses, Marigolds, &c. with preseruation of colour.

DIssolue refined or double refined sugar, or sugar-candy it selfe, in a little Rose-water: boile it to a reasonable height: put in your roots or flowers when your sirup is eyther fully cold, or almost cold: let them rest therein till the sirup haue pierced them sufficiently: then take out your flowers with a skimmer, suffering the loose sirup to runne from them so long as it will: boyle that sirup a little more, and put in more flowers, as before; diuide them also: then boile all the sirup which remaineth, and is not drunke vp in the flowers, to the height of *Manus Christi*, putting in more sugar if you see cause, but no more Rose-water, put your flowers therein when your sirup is cold, or almost cold, and let them stand till they candy.

10. *A moſt delicate and ſtiffe ſugar paſte, whereof to caſt Rabbets, Pigeons, or any other little bird or beaſt, either from the life or carued moulds.*

FIrſt, diſſolue Iſinglaſſe in faire water, or with ſome Roſe-water in the later end: then beat blanched almonds, as you would for Marchpane ſtuffe, and draw the ſame with creame and Roſe-water (milke will ſerue, but creame is more delicate): then put therein ſome powdered ſugar; into which you may diſſolue your Iſinglaſſe, being firſt made into gelly, in faire warme water (note, the more Iſinglaſſe you put therein, the ſtiffer your worke will proue): then hauing your rabbets, woodcocks, &c. molded either in plaiſter from life, or elſe carued in wood (firſt anointing your wodden molds with oyle of ſweet almonds, and your plaiſter or ſtone molds with barrowes greaſe) poure your ſugar paſte thereon.

A quart of creame, a quarterne of almonds, two ounces of Iſinglaſſe, and foure or ſix ounces of ſugar is a reaſonable good proportion for this ſtuffe. *Quere* of moulding your birds, rabbets, &c. in the compound wax mentioned in my *Iewell houſe*, in the title of the *Art of moulding & caſting*, page 60. For ſo your moulds will laſt long.

You may dredge ouer your foule with crums of bread, cinamon and ſugar boiled together: and ſo they will ſeeme as if they were roſted and breaded. Leach and gelly may be caſt in this manner.

This paſte you may alſo driue with a fine rowling pin, as ſmooth and as thin as you pleaſe: it laſteth not long, and therefore it muſt bee eaten within a few daies after the making thereof. By this meanes, a banquet may bee preſented in the forme of a ſupper, being a very rare and ſtrange deuice.

11. *To candy Marigolds, Roſes, Borage, or Roſemary flowers.*

BOile Sugar & Roſe-water a little vpon a chafingdiſh with coales: then put the flowers (being thorowly dried, either by the Sun or on the Fire) into the ſugar, and boile them a little: then ſtrew the powder of double refined Sugar vpon them, & turne them, and let them boile a little longer, taking the diſh from the fire: then ſtrew more powdred Sugar on the contrary ſide of the flowers. Theſe will dry of themſelues in two or three houres in a hot ſunny day, though they lie not in the Sunne.

12. *To make an excellent Marchpane paſte to print off in moulds for banquetting diſhes.*

TAke to euery Iordan Almond blanched, three ſpooncfuls of the

the whiteſt refined ſugar you can get: ſearce your ſugar, and now and then, as you ſee cauſe, put in two or three drops of damask Roſe-water: beate the ſame in a ſmooth ſtone mortar, with great labour, vntill you haue brought it into a dry ſtiffe paſte: one quarterne of ſugar is ſufficient to worke at once.

Make your paſte in little bals, euery ball containing ſo much by eſtimation, as will couer your mould or print: then roule the ſame with a rowling pin vpon a ſheet of cleane paper, without ſtrewing any powdered ſugar either vpon your paſte or paper.

There is a countrey Gentlewoman whom I could name, which venteth great ſtore of ſugar-cakes made of this compoſition. But the onely fault which I find in this paſte, is, that it taſteth too much of the ſugar, and too little of the almonds: and therefore you may proue the making thereof by ſuch almonds

which haue had ſome part of their oile taken from them by expreſſion, before you incorporate them with the ſugar: and ſo happely you may mix a greater quantity of them with the ſugar, becauſe they are not ſo oyly as the other.

You may mix cinamon or ginger in your paſt, and that wil both grace the taſte, and alter the colour; but the ſpice muſt paſſe thorow a faire ſearce: you may ſteep your almonds in cold water all night, and ſo blanch them cold: and being blanched, dry them in a ſieue ouer the fire. Heere the garble of almonds will make a cheap paſte.

13. *The making of ſugar-plate, and caſting thereof in carued moulds.*

TAke one pound of the whiteſt refined or double refined Sugar, if you can gette it: put thereto three ounces (ſome Comfit-makers

put

put ſixe ounces for more gaine) of the beſt ſtarch you can buy; and if you dry the Sugar after it is powdered, it will the ſooner paſſe thorough your Lawne Searce. Then ſearce it, and lay the ſame on a heape in the midſt of a ſheet of cleane paper: in the middle of which maſſe, put a pretty lump of the bigneſſe of a walnut of gumme dragagant, firſt ſteeped in Roſe-water one night: a porenger full of Roſe water is ſufficient to diſſolue one ounce of gum (which muſt firſt bee well picked, leauing out the droſſe): remember to ſtraine the gumme thorough a canuas: then, hauing mixed ſome of the white of an egge with your ſtrained gumme, temper it with the ſugar betwixt your fingers by little and little, till you haue wrought vp all the Sugar and the Gumme together into a ſtiffe paſte; and in the tempering, let there be alwaies ſome of the ſugar betweene your fingers and the Gumme: then duſt

your

your woodden moulds a little with ſome of that powdered Sugar thorow a piece of Lawne, or fine linnen cloth: and hauing driuen out with your rowling pinne a ſufficient portion of your paſte to a conuenient thickneſſe, couer your mould therewith, preſſing the ſame downe into euery hollow part of your mould with your fingers: and when it hath taken the whole impreſſion, knock the mould on the edge againſt a table, and the paſte will iſſue forth, with the impreſſion of the mould vpon it: or, if the mould bee deepe cutte, you may put the point of your knife gently into the deepeſt parts heere and there, lifting vp by little and little the paſte out of the mould.

And if, in the making of this paſte, you happen to put in too much gum, you may put more ſugar thereto, and if too much ſugar, then more gum: you muſt alſo worke this paſte into your moulds as ſpeedily as you can

can after it is onee made, and before it harden: and if it growe ſo hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paſte, all thoſe pieces which haue no part of the worke vpon them, and worke them vp with the paſte which remaineth: and if you will make ſawcers, diſhes, bowles, &c. then (hauing firſt driuen your paſte vpon paper, firſt duſted ouer with ſugar to a conuenient largeneſſe and thickneſſe) put the paſte into ſome ſawcer, piſh, or bowle of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, till it reſemble the ſhape of the diſh, then pare away the edges with a knife euen with the skirt of your diſh, or ſawcer, and ſet it againſt the firſt, till it be dry on the inſide: then with a knife get it out, as they vſe to doe a diſh of butter, and dry the backſide: then gild it on the edge with the white of an egg laid round

about

about the brim of the diſh with a penſill, and preſſe the gold downe with ſome cotton; and when it is dry, skew or bruſh off the gold with the foot of a Hare or Cony. And if you would haue your paſte exceeding ſmooth, as to make cards and ſuch like conceits thereof, then roule your paſte vpon a ſliced paper with a ſmooth and poliſhed rowling pin.

14. *A way to make ſugar-plate both of colour and taſte of any flower.*

TAke violets, and beate them in a mortar with a little hard Sugar, then put into it a ſufficient quantitie of Roſe-water: then lay your gum in ſteep in the water, and ſo work it into paſte: and ſo will your paſte be both of the colour of the violet, and of the ſmell of the violet. In like ſort may you worke with Marigolds, Cowſlips, Primroſes, Bugloſſe, or any other flower.

15. To

15. *To make paſte of Nouie.*

TAke a quarter of a pound of Valentian almonds, otherwiſe called the ſmall almonds, or Barbarie almonds, and beat them in a mortar till they come to paſte: then take ſtale manchet being grated, and dry it before the fire in a diſh: then ſift it: then beat it with your almonds: put in the beating of it, a little cinamon, ginger, and the iuice of a lemmon; and when it is beaten to perfect paſte, print it with your moulds, and ſo dry it in an ouen after you haue drawne your bread: this paſte will laſt all the yeere.

16. *To make Iumbolls.*

TAke halfe a pound of Almonds, being beaten to paſte, with a ſhort cake being grated, and 2 eggs, 2 ounces of carroway ſeeds, being beaten

beaten, and the iuice of a Lemmon: and being brought into paſte, roule it into round ſtrings: then caſt it into knots, and ſo bake it in an ouen: and when they are baked, ice them with Roſe-water and Sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them againe into the ouen, and let them ſtand in a little while, and they will bee iced cleane ouer with a white ice: and ſo boxe them vp, and you may keepe them all the yeare.

17. *To make a paſte to keepe you moiſt, if you liſt not to drinke oft; which Ladies vſe to carry with them when they ride abroad.*

TAke halfe a pound of Damaske prunes, and a quartern of dates: ſtone them both, and beat them in a mortar with one warden being roaſted, or elſe a ſlice of old marmelade:

lade: and ſo print it in your moulds, and dry it after you haue drawne bread: put Ginger vnto it, and you may ſerue it in at a banquet.

18. *To make a Marchpane.*

TAke two pound of Almonds, being blanched and dryed in a ſieue ouer the fire: beat them in a ſtone mortar; and when they bee ſmall, mix with them two pound of ſugar being finely beaten, adding 2. or 3. ſpoonfuls of Roſe-water, and that will keepe your Almonds from oyling. When your paſte is beaten fine, driue it thin with a rowling pin, and ſo lay it on a bottome of wafers: then raiſe vp a little edge on the ſide, and ſo bake it: then yce it with Roſe-water and Sugar: then put it into the ouen againe; and when you ſee your yce is riſen vp and dry, then take it out of the ouen and garniſh it

with

with pretty conceits, as birds and beaſts, being caſt out of ſtanding moulds. Stick long comfits vpright in it: caſt biskets and carrowaies in it, and ſo ſerue it: gild it before you ſerue it: you may alſo print off this Marchpane paſte in your moulds for banquetting diſhes: and of this paſte our comfitmakers at this day make their lettets, knots, Arms, Eſcocheons, beaſts, birds, and other fancies.

19. *To make biſket bread, otherwiſe called French biſket.*

TAke halfe a peck of fine flower, two ounces of coriander ſeeds, one ounce of anni-ſeeds, the whites of foure egges, halfe a pinte of Ale-yeaſt, and as much water as will make it vp into ſtiffe paſte; your water muſt be but bloud warm: then bake it in a long roll as big as your thigh: let it ſtay in the ouen but one houre, and when it is a day old,

pare

pare it and ſlice it ouerthwart: then ſugar it ouer with fine powdred ſugar, and ſo dry it in an ouen againe: and being dry, take it out, and ſugar it againe: then box it, and ſo you may keepe it all the yeere.

20. *To make prince-biſket.*

TAke one pound of very fine flower, and one pound of fine ſugar, & eight egges, and two ſpoonfuls of Roſe water, and one ouuce of Carroway ſeeds, and beat it all to batter one whole houre: for the more you beat it, the better your bread is: then bake it in coffins, of white plate, being baſted with a little butter before you put in your batter, and ſo keepe it.

21. *To make another kinde of biſket, called biſkettello.*

TAke halfe an ounce of gummo-dragagant, diſſolued in Roſe-water

Roſe-water with the iuice of a lemmon, and two grains of muſk: then ſtraine it thorow a fair linnen cloth, with the white of an egge: then take halfe a pound of fine ſugar beeing beaten, and one ounce of Carroway ſeeds, being alſo beaten and ſearced: and then beat them all together in a mortar, til they come to paſte: then roule them vp in ſmall loaues about the bigneſſe of a ſmall egge: put vnder the bottome of euery one a peece of a wafer, and ſo bake them in an ouen vpon a ſheet of paper: cut them on the ſides, as you doe a manchet, and prick them in the middeſt: when you breake them vp, they will be hollow and full of eyes.

22. *To make Ginger-bread.*

TAke three ſtale Manchets, and grate them: dry them, and ſift them thorow a fine ſieue: then adde vnto

vnto them one ounce of Ginger being beaten, and as much Cinamon, one ounce of Liquorice and Anniſeeds, beeing beaten together, and ſearced; halfe a pound of ſugar: then boil all theſe together in a poſnet, with a quart of claret wine, till they come to a ſtiffe paſte, with often ſtirring of it; and when it is ſtiffe, mould it on a table, and ſo driue it thin, and put it in your moulds: duſt your moulds with Cinamon, Ginger, and Liquorice, beeing mixed together in fine powder. This is your Ginger-bread vſed at the Court, and in all Gentlemens houſes at feſtiuall times. It is otherwiſe called dry Leach.

23. *To make dry Ginger-bread.*

TAke halfe a pound of Almonds, and as much grated cake, and a pound of fine ſugar, and the yolks of two new laid egges, the iuice of a lemmon,

lemmon, and two grains of muſk: beat all theſe together till they come to a paſte: then print it with your mouldſ: and ſo dry it vpon papers in an ouen, after your bread is drawn.

24. *To make puffe-paſte.*

TAke a quart of the fineſt flower, and the whites of three egges, and the yolks of two, and a little cold water, and ſo make it into perfect paſte: then driue it with a rowling pin abroad: then put on ſmall peeces of butter, as big as nuts, vpon it: then fold it ouer: then driue it abroad againe: then put ſmall peeces of butter vpon it, as you did before: doe this ten times, alwaies folding the paſte, and putting butter betweene euery fold. You may couey any pretty foreed diſh, as Florentin, Cherry-tart, Rice, or Pippins, &c. betweene two ſheets of that paſte.

25. To

25. *To make paste short without butter.*

TAke a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet: then take the yolks of two or three egges, and a pinte of creame, and make paste: put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or sewet. In like sort, when you make sugar-cakes, bake your flower first.

26. *To make crystall gelly.*

TAke a knockle of Veale, and two calues feet (your calues feet being flayed and scalded) and boyle them in faire spring water: and when they are boyled, ready to eat, you may saue your flesh, and not boyle it to peeces: for, if you doe so, the gelly will looke thicke: then take a quart of the cleerest

of

of the ſame broth, and put it into a poſnet, adding thereunto Ginger, white pepper ſix whole cloues, one nutmeg quartered, : one graine of Muske : put all theſe whole ſpices in a little bag, and boile them in your gelly: ſeaſon it with foure ounces of ſugar candy, and three ſpoonfuls of Roſewater; ſo let it run thorow your gelly-bag: and if you meane to haue it looke of an amber colour, bruiſe your ſpices, and let them boile in your gelly looſe.

27. *To make Leach of Almonds.*

TAke halfe a pound of ſweete Almonds, and beat them in a mortar: then ſtraine them with a pint of ſweet milke from the cow: then put to it one graine of muſk, 2 ſpoonfuls of Roſe-water, two ounces of fine ſugar, the waight of 3 whole ſhillings of iſinglaſſe that is very white, and

and so boyle them: then let all run thorow a strainer then may you slice the same, and so serue it.

28. *To make Quidinia of Quinces.*

TAke the kernelles out of eight great Quinces, and boyle them in a quart of Spring-water, till it come to a pint: then put into it a quarter of a pint of Rose-water, and one pound of fine sugar, and so let it boile till you see it come to be of a deepe colour: then take a drop, and drop it on the bottome of a sawcer, and if it stand, take it off: then let it run thorow a gelly-bag into a bason: then set on your bason vpon a chafing-dish of coales, to keepe it warme: then take a spoone, and fill your boxes as full as you please, and when they be cold, couer them: and if you please to print it in moulds, you must haue moulds made to the bignesse of your box, and wet your moulds with Rose-water, and so let

it run into your mould: and when it is cold, turne it off into your boxes If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mul-berries, Raspis-berries, or any such tender fruits.*

TAke your berries, & grinde them in an Alabaster Mortar, with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Rose-water: and so boile it in a posnet with a little peece of Isinglasse, and so let it run thorough a fine cloth into your boxes, and so you may keepe it all the yeere.

30. *To make paste of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in slices, and bake them

them in an ouen dry in an earthen pot, without any other iuyce than their owne: then take one pound thereof: ſtraine it, and put it into a ſtone-mortar with halfe a pound of ſugar; and when you haue beaten it vp to paſte, print it in your moulds, and dry it three or foure times in an ouen after you haue drawne bread: and when it is thorowly dry and hardned, you may box it, and it will keepe all the yeere.

31. *To make Marmelade of Quinces or Damſons*

WHen you haue boyled your Quinces or Damſons ſufficiently, ſtraine them: then dry the pulp in a pan on the fire; and, when you ſee there is no water in it, but that it beginneth to bee ſtiffe, then mix two pound of ſugar with three pound of pulp: this marmelade will bee white marmelade: and if you deſire to haue it looke with

with an high colour: put your sugar and your pulp together so soone as your pulp is drawne, and let them both boile together, and so it will look of the colour of ordinary marmelade, like vnto a stewed warden; but if you dry your pulp first, it will looke white, and take lesse sugar: you shall know when it is thick enough, by putting a little into a sawcer, letting it coole before you box it.

32. To make sucket of Lettice stalks.

TAke Lettice stalkes, and pill away the outside: then perboile them in faire water: then let them stand all night dry: then take halfe a pint of the same liquour, and a quarter of a pint of Rose-water, and so boyle it to sirup: and when your sirup is betwixt hot and cold, put in your aforesaid roots, and let them stand all night in your sirup to make them take sugar, and then the

next

next day your ſirup will be weake againe: then bottle it againe, and take out your roots. In the like ſort may you keepe Orenge pils, or greene Walnuts, or any thing that hath the bitterneſſe firſt taken from it by boiling in water.

33. *To candie Nutmegs or Ginger with an hard rock candy.*

TAke one pound of fine ſugar, and eight ſpooneſuls of Roſe-water, and the weight of ſix pence of Gum Arabique, that is cleere, boyle them together to ſuch an height, as that, dropping ſome ther-of out of a ſpoon, the ſirup doe rope and runne into the ſmalneſſe of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, Ginger, or ſuch like: then ſtop it cloſe with a ſawcer, and lute it well with clay, that no aire may enter: then keepe it in a hot place three weeks, and it will candy hard.

You muſt breake your pot with an hammer, for otherwiſe you cannot get out your candie. You may alſo candy Orenges or Lemmons in like ſort, if you pleaſe.

34. *To preſerue Orenges, after the Portugall faſhion.*

TAke Orenges and coare them on the ſide, and lay them in water: then boil them in faire water til they be tender: ſhift them in the boiling, to take away their bitterneſſe; then take ſugar and boile it to the height of ſirup as much as will couer them, & ſo put your Orenges into it, & that will make them take ſugar. If you haue 24. Orenges beate 8. of them, till they come to paſte, with a pound of fine ſugar; then fill euery one of the other orenges with the ſame, and ſo boile them againe in your ſirup: then there will bee marmelade of Orenges within your Orenges, & it will cut like an hard egg.

35. *To*

35. *To candy Orenge pills.*

TAke your Orenge pills, after they bee preserued: then take fine Sugar and Rosewater, and boyle it to the height of *Manus Christi*: then draw thorow your Sugar; then lay them on the bottom of a sieue, and dry them in an Ouen after you haue drawne bread, and they will be candied.

36. *To preserue Cowcumbers all the yeere.*

YOu may take a gallon of faire water, and a pottle of veriuyce, and a pinte of bay salt, and a handfull of greene Fennell or Dill: boile it a little, and when it is cold put it into a barrell, & then put your Cowcumbers into that pickle, and you shall keepe them all the yeare.

37. *To preſerue broom-capers all the yeere.*

BOile a quart of veriuice, and an handfull of bay-ſalt, and therein you may keepe them all the yeere.

38. *To colour ſugar-plate with ſeuerall colours.*

YOu may mix Roſes with your fine ſearced ſugar vntill the colour pleaſe you, and ſo ſhall you haue a faire murrey colour. Sap-green muſt be tempered in a little Roſe-water, hauing ſome gumme firſt diſſolued therein, and ſo lay it on with a penſill vpon your paſte in apt places. With ſaffron you may make a yellow colour in the like manner, firſt drying and powdering your ſaffron; and after it hath coloured the Roſe-water ſufficiently, by ſtraining it thorough fine linnen. The powder of Cina-

mon

mon maketh a Walnut colour, and Ginger and Cinamon together, a lighter colour.

39. *To make Trosses for the Sea.*

FIrst, make paste of sugar and gum dragagant mixed together, then mixe therewith a reasonable quantitie of the powder of cinamon and Ginger, and, if you please, a little Muske also, and make it vp into roules of seuerall fashions, gilding them heere and there. In the same manner you may also conuey any purgatiue, vomit, or other medicine into Sugar paste.

40. *To make paste of Violets, Roses Marigolds, Cowslips, or Liquorice.*

SHred, or rather powder, the dry leaues of your flower, putting thereunto some fine powder of Ginger and cinamon, and a little muske if you please, mixe them all

confusedly together: then dissolue some Sugar in Rosewater, and being boiled a little, put some Saffron therein, if you worke vpon Marigolds; or else you may leaue out your Saffron: boyle it on the fire vnto a sufficient height. You must also mixe therewith the pap of a roasted apple, being first well dryed in a dish ouer a Chafing dish of coals; then poure it vpon a trencher, being first sprinkled ouer with Rosewater, and with a knife worke the paste together. Then breake some Sugar-candy small, but not to powder, and with gumme dragagant fasten it heere and there to make it seeme as if it were roch candied: cut the paste into peeces of what fashion you list, with a knife first wet in Rosewater. In liquorice paste you must leaue out the pap of the pippin, and then worke your paste into dry roules. Remember to search the Liquorice thorow a fine Scarce. These roules

are

any of theſe mixtures or paſtes in Alabaſter moulds, moulded from the life.

44. *To mould off a Lemmon, Orenge, Peare, Nut, &c. and after to caſt it hollow within of Sugar.*

Fill a wooden platter halfe full of ſand, then preſſe downe a Lemmon, Peare, &c. therein to the iuſt halfe thereof: then temper ſome burnt Alabaſter with faire water, in a ſtone or copper diſh, of the bigneſſe of a great ſiluer boule, and caſt this pap into your ſand, and from thence clap it vpon the Lemmon, Peare, &c. preſſing the pap cloſe vnto it. Then after a while take out this halfe part with the Lemmon in it, and pare it euen in the inſides, as neere as you can, to make it reſemble the iuſt halfe of your Lemmon, then make 2. or 3. little holes in the halfe (viz. in the edges therof) laying it downe in the ſand againe, and ſo caſt

caſt: another halfe vnto it, then cut off a peece of the top of both your partie moulds, and caſt thereto another cap in like manner as you did before. Keepe theſe three parts bound together with tape, till you haue cauſe to vſe them: and before you caſt, lay them alwayes in water, and dry vp the water againe before you poure in the Sugar. Colour your Lemmon with a little Saffron ſteeped in Roſewater. Vſe your Sugar in this manner: Boile refined or rather double refined Sugar and Roſewater to his full height, viz. till by powring ſome out of a ſpoone, it will run at the laſt as fine as a haire, then taking off the cappe of your mould, poure the ſame therein, filling vp the mould aboue the hole, and preſently clap on the cappe, and preſſe it downe vpon the Sugar, then wring it vp and downe in your hand, turning it round, and bringing the neather part ſome-

times

times to bee the vpper part in the turning, and è *conuerso*. This is the manner of vsing an Orenge, Lemmon, or other round mould: but if it be long, as a pigs foot will bee, being moulded, then roule it, and turn it vp and downe long-wayes in the aire.

45. *How to keepe the dry pulp of cherries, prunes, damsons, &c. all the yeare.*

YOu may take of those kinde of cherries that are sharpe in taste (*Quere* if the common blacke & red cherrie will not also serue, hauing in the end of the decoction a little oyle of Vitriol, or Sulphur, or some veriuice of sower grapes, or iuice of lemmons mixed therewith, to giue a sufficient tartnesse): pull off their stalks, and boile them by themselues, without the addition of any liquour in a caldron or pipkin; and when they begin once to boile in their owne

owne iuice, ſtirre them hard at the bottom with a ſpattle, leſt they burne to the pann's bottome. They haue boiled ſufficiently, when they haue caſt off all their skins, and that the pulp and ſubſtance of the cherries is growne to a thicke pap: then take it from the fire, and let it coole: then diuide the ſtones and skins by paſſing the pulpe onely thorow the bottome of a Strainer reuerſed, as they vſe in *Caſiæ fiſtula*; then take this pulpe, and ſpread it thin vpon glazed ſtones or diſhes, and ſo let it dry in the Sunne, or elſe in an Ouen preſently after you haue drawn your bread: then looſe it from the ſtone or diſh, and keepe it to prouoke the appetite, and to coole the ſtomacke, in Feuers and all other hot diſeaſes. Proue the ſame in all manner of fruite. If you feare aduſtion in this worke, you may finiſh it in hote Balneo.

46. How to dry all manner of plums or Cherries in the Sunne.

IF it be a ſmall fruite, you muſt dry them whole, by laying them abroad in the hote Sunne, in ſtone or pewter diſhes, or iron or braſſe pans, turning them as you ſhall ſee cauſe. But if the plum bee of any largeneſſe, ſlit each plum on the one ſide, from the top to the bottome; and then lay them abroad in the Sunne: but if they be of the biggeſt ſort, then giue either plum a ſlit on each ſide; and if the Sunne doe not ſhine ſufficient during the practice, then dry them in an Ouen that is temperately warme.

47. How to keepe Apples, Peares, Quinces, Wardens, for all the yeare, &c.

PAre them, take out the coare, and ſlyce them in thinne ſlices, lay-

laying them to dry in the Sunne in some stone or metalline dishes, or vpon a high Frame couered with coorse canuas, now and then turning them: and so they will keepe all the yeere.

48. To make green ginger vpon sirup.

TAke Ginger one pound: pare it cleane: steepe it in red wine and vineger equally mixed: let it stand so xii. dayes in a close vessell, and euery day once or twice stir it vp and downe: then take of wine one gallon, and of vineger a pottle: seethe all together to the consumption of a moity or halfe: then take a pottle of cleane clarified honey, or more, and put thereunto, and let them boyle well together: then take halfe an ounce of saffron finely beaten, and put it thereto, with some sugar if you please.

49. To make ſucket of greene Walnuts.

TAke Walnuts when they are no bigger than the largeſt haſell nut: pare away the vppermoſt green, but not too deepe: then ſeeth them in a pottle of water, till the water bee ſodden away: then take ſo much more of freſh water; and when it is ſodden to the halfe, put thereto a quart of vineger, and a pottle of clarified hony.

50. To make conſerue of Prunes or Damſons.

TAke ripe Damſons: put them into ſcalding water: let them ſtand a while: then boile them ouer the fire till they break: then ſtraine out the water thorow a colander, and let them ſtand therein to coole: then ſtraine the Damſons thorough the colander, taking away the ſtones

and

and skinnes: then set the pulp ouer the fire againe, and put thereto a good quantity of red wine, and boile them well to a stiffenesse, euer stirring them vp and down; and when they be almost sufficiently boiled, put in a conuenient proportion of sugar: stirre all well together, and after put it in your gally-pots.

51. *To make conserue of Strawberries.*

FIrst, seethe them in water, and then cast away the water, and straine them: then boile them in white wine, and worke as before in damsons; or else straine them being ripe: then boile them in wine and sugar till they be stiffe.

52. *Conserue of Prunes or Damsons, made another way.*

TAke a pottle of damsons: pricke them, and put them into a pot, putting

putting thereto a pint of Rose-water or wine, and couer your pot: let them boile well: then incorporate them by stirring; and, when they be tender, let them coole, and straine them with the liquor also: then take the pulp, and set it ouer the fire, and put thereto a sufficient quantity of sugar, and boile them to their height or consistency, and put it vp in gally pots or iarre glasses

53. *How to candy Ginger, Nutmegs, or any root or flowers.*

TAke a quarter of a pound of the best refined sugar, or sugar-candy, which you can get: powder it: put thereto two spoonfuls of Rose-water: dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they bee soft and tender: the oftner you dip them in your sirup, the thicker the candy will bee, but

but it will bee the longer in candying: your ſirup muſt be of ſuch ſtiffnes: as that a drop thereof, being let fall vpon a pewter-diſh, may congeale and harden being cold. You muſt make your ſirup in a chafing-diſh of coales, keeping a gentle fire. After your ſirup is once at his full height, then put them vpon papers preſently into a ſtoue, or in diſhes: continue fire ſome tenne or twelue dayes, till you finde the candy hard, and gliſtering like diamonds: you muſt dip the red roſe, the gilliflower, the marigold, the borrage flower, and all other flowers but once.

24. *The art of comfet-making, teaching how to couer all kinds of ſeeds, fruits or ſpices with ſugar.*

FIrſt of all you muſt haue a deepe bottomed baſon of fine cleane braſſe or latten, with two eares of iron to hang it with two ſeuerall cords

cords ouer a bason or earthen pan with hot coales.

You must also haue a broad pan to put ashes in, and hot coales vpon them.

You must haue a cleane latten bason to melt your sugar in, or a faire brasen skillet.

You must also haue a fine brasen ladle, to let run the sugar vpon the seeds.

You must also haue a brasen slice, to scrape away the sugar from the hanging bason if neede require.

Hauing all these necessarie vessels and instruments, worke as followeth.

Choose the whitest, finest, and hardest sugar, and then you neede not to clarifie it, but beate it onely into fine powder, that it may dissolue the sooner.

But first make all your seeds very cleane, and dry them in your hanging bason.

Take, for euery two pound of sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your comfits will bee great enough: and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis-seeds with two pound of sugar, will make fine small comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of Sugar, or halfe a pound of Annis-seeds, and foure pound of Sugar. Do the like in Coriander-seeds.

Melt your Sugar in this manner: *viz.* Put three pounds of your powder-sugar into the Bason, and one pint of cleane running water thereunto: stirre it well with a brazen slice, vntill all bee moist and well wet: then set it ouer the fire, without smoke or flame, and melt it well; that there bee no whole

griſtie ſugar in the bottome, and let it ſeethe mildely, vntill it will ſtreame from the Ladle like Turpentine, with a long ſtreame, and not drop: when it is come to his decoction, let it ſeethe no more, but keepe it vpon hot imbers, that it may run from the Ladle vpon the ſeeds.

To make them ſpeedily, let your water be ſeething hot, or ſeething, and put powder of Sugar to them: caſt on your Sugar boiling hote: haue a good warme fire vnder the hanging Baſon.

Take as much water to your Sugar as will diſſolue the ſame.

Neuer skin your ſugar, if it bee cleane and fine.

Put no kind of ſtarch or Amylum to your ſugar.

Seeth not your Sugar too long: for, that will make it blacke, yellow or tawnie.

Moue the ſeeds in the hanging baſon as faſt as you can or may,

when the ſugar is in caſting.

At the firſt coate put on but one halfe ſpoonefull with the ladle, and all to moue the baſon, moue, ſtirre and rubbe the ſeedes with thy left hand a pretty while, for they will take ſugar the better, and drie them well after euery coate.

Doe this at euery coat, not onely in mouing the baſon, but alſo with the ſtirring of the comfits with the left hand, and drying the ſame, thus dooing you ſhall make good ſpeed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits doe increaſe in greatneſſe, ſo you may take more Sugar in your ladle to caſt on. But for plaine comfits, let your Sugar be of a light decoction laſt, and of a higher decoction firſt, and not too hote.

For criſpe and ragged comfits, make your ſugar of a high decoction, euen as high as it may runne from

from the ladle, and let fall a foot high or more from the ladle, and the hotter you caſt in your ſugar, the more ragged will your comfits bee. Alſo the comfets will not take ſo much of the ſugar as they will vpon a light decoction, and they will keepe their raggednesſe long. This high decoction muſt ſerue for eight or ten coates in the end of the worke, and put on at euery time but one ſpoonefull, and haue a light hand with your baſon, caſting on but little ſugar.

A quarter of a pound of Coriander ſeeds, and three pound of ſugar will make great, huge, and big comfets.

See that you keepe your Sugar alwaies in good temper in the baſon, that it burne not into lumpes or gobbets: and if your ſugar bee at any time too high boyled, put in a ſpoonefull or two of water, and keepe it warily with the ladle, and let your fire alwaies bee without

ſmoke, or flame.

Some commend a Ladle that hath a hole in it to let the ſugar run thorow of a height: but you may make your comfits in their perfect forme and ſhape, onely with a plaine Ladle.

When your comfits bee made, ſet your diſhes with your comfits vpon papers in them, before the heat of the fire, or in the hot Sunne, or in an Ouen after the bread is drawne, by the ſpace of an houre or two: and this will make them to bee very white.

Take a quarter of a pound of Annis-ſeeds, and two pound of Sugar, and this proportion will make them very great: and euen a like quantity take of Carraway-ſeed, Fennell-ſeed, and Coriander-ſeed.

Take of the fineſt Cinamon, and cut it into pretty ſmall ſtickes beeing dry, and beware you wet it not: for, that deadeth the Cinamon.

mon? And then worke as in other comfits. Doe this with Orengerindes likewise.

Worke vpon Ginger, Cloues, and Almonds, as vpon other seeds.

The smaller that Annis-seed comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske, dissolued in a little water, one scruple: mingle these all together in the hanging Bason, and cast them vpon Sugar of a good decoction. Then, with thy left hand, moove it to and fro, and dry it well: doe this often, vntill they be as great as Poppie-seeds; and glue, in the end, three or foure coats of a light decoction, that they may bee round and plaine: and, with an high decoction, you may make them crisp.

You must haue a coorse Tearce made for the purpose with haire, or with parchment full of holes, to

part, and diuide the comfets into seuerall sorts.

To make paste for comfets, Take fine grated breade foure ounces, fine elect Cinamon powdred halfe an ounce, of fine ginger powder one dramme, saffron powder, a little; white sugar two ounces, and a few spoonfuls of borrage water; seeth the water and the sugar together, and put to the Saffron, then first mingle the crummes of bread, and the spices well together, drie them, put the liquor scalding hote, vpon the stuffe, and being hote, labour it with thy hand, and make balles or other formes thereof, dry them and couer them as comfets.

Coriander seeds two ounces, sugar one pound and a halfe, maketh very faire comfets.

Annis seedes three ounces, Sugar halfe a pound, of annis seedes two ounces, & sugar six ounces, will make faire comfits.

Euery dram of fine Cinamon, wil

will take at the leaſt a pound of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon will make almoſt three drams of fine powder ſearced, after it is well beaten.

Sugar powder one ounce wil take at the leaſt a pound of ſugar to make your biskets faire.

Carrowayes will bee faire at 12. coates.

Put into the ſugar a little Amylum diſſolued for fiue or ſix of the leaſt coates, and that will make them exceeding criſpe: and if you put too much Amylum or ſtarch to the comfits which you would haue criſpe, it will make them flat and ſmooth.

In any other confection of paſted ſugar mixed with gum Dragagant, put no kind of Amylum: beware of it, for it will make the worke clammie.

To make red comfits, ſeeth three

or foure ounces of brazel with a little water: take of this red water 4 ſpoonfuls; of ſugar, one ounce, and boile it to his decoction: then giue 6 coats, and it will bee of a good colour; or elſe you may turne ſo much water with one dramme of turnſole, doing as before.

To make greene comfits, ſeeth ſugar with the iuyce of beets.

To make them yellow, ſeeth ſaffron with ſugar.

In making of comfits, alwayes when the water doeth ſeeth, then put in your ſugar-powder, and let it ſeeth a little, vntill it be cleane diſſolued and boiled to his perfect decoction, & that the whiteneſs of the colour be cleane gon: and if you let it ſettle, you ſhall ſee the Sugar ſomwhat cleere.

For biskets, take two ſpoonfuls of liquor; of ſugar, ſearced in a coorſe ſearce, one dramme; and of Sugar-powder to bee molt and caſt, one ounce. This done, will make the biskets

biskets ſomewhat faire, and ſomewhat greater than Poppy-ſeeds.

Aliter. Take ſugar-powder, foure drams; ſugar to caſt, foure ounces, with liquor ſufficient: lay gold or ſiluer on your comfits.

Euery dram of ſugar-powder will take an ounce of ſugar to bee caſt: 8. drams make one ounce. To thus much powder for biskets, take halfe a pound of ſugar to caſt thereon.

Coriander-ſeeds, a quarter of a pound; ſugar. 3. pound; Coriander-ſeeds, halfe a pound; ſugar, 3. drams, will make faire comfits.

For biskets, Annis-ſeeds, halfe a pound; Fennell-ſeeds, a quarter of a pound; and ſugar, two pound ſufficeth.

In ſix or eight of the laſt coats put in two ſpoonfuls of ſugar very hot, to make them criſp.

To one pound of ſugar, take 9. ounces of water.

55. To make a cullis as white as snow, and in the nature of gelly.

TAke a cocke, scalde, wash and draw him cleane, seeth it in white wine or Rhenish wine: Scum it clean, clarifie the broth after it is strained, then take, a pint of thicke and sweet creame, straine that to your clarified broth, and your broth will become exceeding faire and white: then take powdered ginger, fine white sugar & Rosewater, seething your cullis when you season it, to make it take the colour the better.

56. To make wafers.

TAke a pint of flower, put into it a little creame with two yolkes of egs and a little Rose water, with a little searced Cinamon and sugar, worke them all together, and bake the paste vpon hot Irons.

57. To

50. *To make Almond butter.*

BLanch your almonds, and beate them as fine as you can with faire water, two or three houres, then ſtrain them through a linnen cloth, boile them with Roſe water, whole mace and annis ſeeds, till the ſubſtance be thick: ſpread it vpon a faire cloth, dreming the whey from it, after let it hang in the ſame cloath ſome few houres, then ſtraine it and ſeaſon it with Roſewater and ſugar.

51. *A white gelly of Almonds.*

TAke Roſewater, gumme Dragagant diſſolued, or Iſinglaſſe diſſolued, and ſome Cinamon groſſely beaten, ſeeth them all together, then take a pound of almonds, blanch and beate them fine with a little faire water, drie them in a faire cloath: and put your

your water aforeſaid into the Almonds, ſeeth them together and ſtir them continually, then take them from the fire, when all is boiled to a ſufficient height.

59. To make Leach.

SEeth a pint of Creame, and in the ſeething put in ſome diſſolued Iſinglas, ſtirring it till it bee very thicke, then take a handfull of blanched Almonds, beat them and put them in a diſh with your Creame, ſeaſoning them with ſugar, and after ſlice it and diſh it.

60. Sweete Cakes without either ſpice or ſugar.

SCrape or waſh your Parſneps cleane, ſlice them thinne, dry them vpon Canuas or networke frames, beat them to powder, mixing one third thereof with two thirds

thirds of fine wheate flower: make vp your paſte into coates, and you ſhall finde them very ſweete and delicate.

61. Roſes and Gilliflowers kept long.

COuer a Roſe that is freſh, and in the bud, and gathered in a faire day after the dewe is aſcended, with the whites of egges wel beaten, and preſently ſtrew thereon the fine powder of fearced Sugar, and put them vp in luted pots, ſetting the pots in a coole place in ſand or grauell: with a fillip at any time you may ſhake off this incloſure.

62. Grapes growing all the yeere.

PVt a Vine ſtalke thorow a Basket of earth in December, which is likely to beare Grapes, that

that yeere, and when the grapes are ripe, cut off the ſtalke vnder the baſket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue freſh and faire a long time vpon the vine.

63. *How to dry Roſe-leaues, or any other ſingle flower without wrinkling.*

IF you would performe the ſame wel in roſe leaues, you muſt in roſe time make choiſe of ſuch roſes as are neither in the bud, nor full blowne (for theſe haue the ſmoothest leaues of all other) which you moſt eſpecially cull and chuſe from the reſt: then take right Callis ſand, waſh it in ſome change of waters, and drie it throughly well, either in an ouen, or in the ſunne; and hauing ſhallow, ſquare or long boxes of 4. 5. or 6. inches deepe, make firſt an ouen lay of ſand in the bottom, vpon which

which lay your Rose leaues, one by one (so as one of them touch other) till you haue couered all the sand, then strowe sand vpon those leaues, till you haue thinly couered them all, and then make another laie of leaues as before, and so lay vpon day, &c. Set this box in some warme place in a hot sunny day, (and commonly in two hot sunnie dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keepe those leaues in lasting glasses, bound about, with paper, neere a chimney, or stoue, for feare of reuiuing. I finde the red Rose leafe best to be kept in this manner, also take away the stalkes of pansies, stocke gilliflowers, or other single flowers, pricke them one by one in sand, pressing downe their leaues smooth with more sand laid equally vpon them. And thus you may haue Rose leaues, and other flowers to day about your-

ba-

basons, windows, &c. all the winter long. Also this secret is very requisite for a good simplifier, because hee may dry the leafe of any herb in this manner: and lay it, being dry, in his Herbal with the simple which it representeth, whereby hee may easily learne to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

Clusters of Grapes, hanging vpon lines within a close Presse, will last till Easter. If they shrinke, you may plumple them vp with a little warme water before you eat them. Some vse to dip the ends of the stalks first in pitch: some cut a branch off the Vine with euery cluster, planing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after, hanging them within a Presse or Cupboard, which

would

would ſtand in ſuch a roome (as I ſuppoſe) where the grapes might not freeze: for otherwiſe you muſt be forced now and then to make a gentle fire in the roome, or elſe the grapes will rot and periſh.

65. *How to keepe Walnuts a long time plumpe and freſh.*

MAKE a lay of the dry ſtampings of crabs when the verjuice is preſſed from them, couer that lay with Walnuts, & vpon them make another lay of ſtampings, and ſo one lay vpon another till your veſſel be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent couſe vpon the kernels of drie Walnuts.*

GAther not your Walnuts before they be full ripe, keep them without

our any art vntill Newyeeres tide, then breake the shelles carefully, so as you deface not the kernels: (and therefore you must take choise of such nuts as haue thin shels) whatsoeuer you finde to come away easily, remoue it: steepe these kernels in conduit water, forty eight houres, then will they swell and grow very plumpe and faire, and you may pill them easily, and present them to any friend you haue for a Newyeeres gift: but being pilled, they must be eaten within two or three houres, or else they lose their whitenesse and beautie, but vnpilled they will last two or three daies faire and fresh. This of a kinde Gentlewoman, whose skill I doe highly commend, and whose case I doe greatly pittie; such are the hard fortunes of the best wits and natures in our daies.

67. *How to keepe Quinces in a most excellent manner.*

Make

MAKE choiſe of ſuch as are ſound; and gather edin a faire, dry and ſunny day, place them in a veſſell of wood, containing a firkin or thereabout, then couer them with pennie ale, and ſo let them reſt: and if the liquor carry any bad ſcum, after a day or two take it off: euery 10. or 12. dayes let out your penny ale at a hole in the bottome of your veſſell, ſtop the hole, and fill it vp againe with freſh pennie ale: you may haue as much for two pence at a time as will ſerue for this purpoſe. Theſe Quinces being baked at Whitſontide, did taſte more daintily than any of thoſe which are kept in our vſuall decoctions or pickles.

Alſo if you take white wine Lees that are neat (but then I feare you muſt get them of the Merchant, for your Tauernes doe hardly afoord any) you may keepe your Quinces in them very faire and freſh all the yeere, and therein may you

you alſo keepe your barbaries both full and faire coloured.

68. *Keeping of Pomegranats.*

MAke choiſe of ſuch Pomgranats as are ſound, and not prickt as they tearme it, lap them ouer thinly with wax, hang them vpon nailes, where they may touch nothing in ſome cupboard or cloſet in your bed chamber, where you keepe a continuall fire, and euery 3. or 4. dayes turne the vnder ſides vppermoſt: and therefore you muſt ſo hang them in packthreed, that they may haue a bow knot at either end. This way Pomgranates haue beene freſh till Whitſontide.

69 *Preſerving of Artichokes.*

CVt off the ſtalkes of your Artichokes within two inches of the Apple; and of all the reſt of the ſtalkes make a ſtrong decoction,

on, ſlicing them into thinne and ſmall peeces, and keepe them in this decoction: when you ſpend them, you muſt lay them firſt in warme water, and then in colde, to take away the bitternesse of them. This of *M. Parſons*, that honeſt and painefull Practicer in his profeſſion.

In a milde and warme winter, about a moneth or three weeks before Chriſtmas, I cauſed great ſtore of Artichokes to bee gathered with their ſtakes in their full length as they grew: and, making firſt a good thicke Lay of Artichoke-leaues in the bottome of a great and large veſſell, I placed my Artichokes, one vpon another, as cloſe as I could couch them, couering them ouer, of a pretty thickeneſſe with Artichoke-leaues: thoſe Artichokes were ſerued in at my Table all the Lent after, the apples being red and ſound, onely the tops of the leaues a little vaded, which

which I did cut away.

70. *Fruit preserued in pitch.*

Wayberries that doe somewhat resemble blacke cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almost cold, & before it congeale and harden againe, and so hung vp by their stalkes, will last a whole yeere. *Probat. per M. Parsons*, the Apothecary. Proue what other fruits will also be preserued in this manner.

71. *To make Cloue or Cinamon Sugar.*

Lay pieces of sugar in close boxes amongst sticks of Cinamon, cloues, &c. and in a short time it will purchase both the taste & sent of the spice. *Probat.* in cloues.

72. *Hasell*

72. Haſell Nuts kept long.

A Man of great yeares and experience aſſured me, that Nuts may be kept a long time with full kernels by burying them in earthen pottes well ſtopt a foote or two in the ground: they keepe beſt in grauellie or ſandy places. But theſe nuts I am ſure will yeeld no oile as other nuts will, that wax drie in the ſhels with long keeping.

73. Cheſnuts kept all the yeere.

After the bread is drawne, diſperſe your Nuts thinly ouer the bottome of the Ouen, and by this meanes the moiſture being dryed vp, the Nuts will laſt all the yeere: if at any time you perceiue them to relent, put them into your Ouen againe, as before.

Secrets in Diſtillation.

1. *How to make true ſpirit of wine.*

TAke the fineſt paper you can get, or elſe ſome Virgin-parchment; ſtraine it very right and ſtiffe ouer the glaſſe body, wherein you put your Sack, Malmeſie or Muskadine; oyle the paper or Virgin parchment with a penſill, moiſtened in the oyle of Ben, and diſtill it in Balneo with a gentle fire, and by this meanes you ſhall purchaſe onely the true Spirit of Wine. You ſhall not haue aboue two or three ounces at the moſt out of a gallon of Wine, which aſcendeth in the forme of a cloud, without any dew or veines in the helme: lute all

all the ioints well in this distillation. This Spirit will vanish in the ayre, if the glasse stand open.

2. *How to make the ordinary Spirit of Wine that is sold for fiue shillings and a noble a pinte.*

PVt Sacke, Malmesie, or Muskadine into a glasse body, leauing one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer than till all or most part will burne away, which you may proue now and then, by setting a spoonefull thereof on fire with a paper, as it droppeth from the nose or pipe of the helme: & if your spirit thus drawn haue any phlegme therin, then rectifie or rediſtil that spirit againe in a lesser body, or in a bolt receiuer in stead of another body, luting a small head on the top of the

steele thereof, and so you shall haue a very strong spirit: or else for more expedition, distill 5 or 6 gallons of wine by Limbecke; and that spirit, which ascendeth afterward, redistill in glasse, as before.

3. Spirits of spices.

DIstil with a gentle heat either in Balneo, or ashes, the strong and sweete water, wherewith you haue drawne oyle of cloues, mace, nutmegs, Iuniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.

4. Spirit of wine, tasting of what vegetable you please.

MAcerate Rosemary, Sage, sweet Fennell seeds, Mariorum, Lemmon or Orenge pils, &c. in

in spirit of wine a day or two, & then distill it ouer again, vnles you had rather haue it in his proper colour: for so you shall haue it vpon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

5. *How to make the water which is vsually called Balme-water.*

TO euery gallon of Claret wine put one pound of green balme. Keep that which commeth first, and is clearest by it selfe: and the second and whiter sort, which is weakest and commeth last, by it selfe: distill in a pewter Limbeck lured with paste to a brasse pot. Draw this in May or Iune, when the herb is in his prime.

6. *Rosa-solis.*

TAke of the hearbe Rosa-solis, gathered in Iulie, one gallon,

picke out all the blacke moats from the leaues; Dates, halfe a pound; Cinamon, Ginger, Cloues, of each one ounce; grains, halfe an ounce; fine Sugar, a pound and a halfe; red Rose-leaues, greene or dryed foure handfuls: steepe all these in a gallon of good Aqua Composita, in a glasse close stopped with wax, during twenty daies: shake it well together once euery two dayes. Your Sugar must be powdred, your spices bruised onely, or grossely beaten; your Dates cut in long slices, the stones taken away. If you adde two or three graines of Amber greece, and as much Musk, in your glasse, among the rest of the Ingredients, it will haue a pleasant smell. Some adde the Gum Amber, with corall and pearle finely powdred, and fine leafe-gold. Some vse to boile Ferdinando-buck in Rose-water, till they haue purchased a faire, deepe crimsin colour: and when the same is cold, they colour their Rosa-solis

and

and Aqua Rubea therewith.

7. *Aqua Rubea.*

TAke of Musk fixe grains: of Cinamon and Ginger, of each one ounce; white sugar-candy, one pound: powder the Sugar, and bruise the spices grosly: binde them vp in a cleane linnen cloth, and put them to infuse in a gallon of Aqua composita, in a glasse close stopt twenty foure hours, shaking them together diuers times: then put thereto of Turnsole one dramme: suffer it to stand one houre, and then shake all together: then, if the colour like you after it is settled, poure the cleerest forth into another glasse: but if you will haue it deeper coloured, suffer it to worke longer vpon the Turnsole.

8. D. Steuens *Aqua composita.*

TAke a gallon of Gascion wine, of Ginger, Galingale, Cinamon, Nutmegs and graines, Annis seeds. Fennell seeds, and Carroway seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomil, Lauender, of each a handfull: bray the spices small, and bruise the herbs, letting them macerate 12. houres, stirring it now & then, then distil by a Limbecke of pewter, keeping the first cleare water that commeth, by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from euery gallon of wine.

9. *Vsque-bath or Irish Aqua vitæ.*

TO euery gallon of good Aqua composita, put two ounces of chosen

choſen liquorice bruiſed, and cut into ſmall peeces, but firſt cleanſed from all his filth, and two ounces of Anniſ-ſeeds that are cleane and bruiſed: let them macerate fiue or ſixe daies in a wooden veſſell, ſtopping the ſame cloſe, and then draw off as much as will runne cleere, diſſoluing in that cleere Aqua vitæ fiue or ſixe ſpoonfuls of the beſt Malaſſoes you can get (Spaniſh Cute, if you can get it, is thought better than Malaſſoes) then put this into another veſſell; and after three or foure daies (the more the better) when the liquor hath fined it ſelfe, you may vſe the ſame; ſome adde Dates and Raiſins of the Sunne to this receipt; thoſe grounds which remaine you may rediſtill, and make more Aqua compoſita of them, and of that Aqua compoſita you may make more Vſque-bath.

10. *Cinamon-water.*

HAuing a Copper body or Brasse pot that will hold xii. gallons, you may well make ii. or iii. gallons of Cinamon water at once. Put into your body ouernight vi. gallons of conduit water, and two gallons of Spirit of wine, or, to saue charge, two gallons of Spirit drawne from Wine lees, Ale, or low Wine, sixe pound of the best and largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Lymbeck, and begin with a good fire of wood and coales, till the vessel begin to distill; then moderate your fire, so as your pipe may drop apace, and runne trickling into the Receiuer, but blow not at any time. It helpeth much heerein to keepe the water in the Bucket not too hote, by often change thereof: it must

ncuer

diuers times before euaporation, that their ſalt may be the clearer & more tranſparant. This ſalt, according to the nature of the hearbe, hath great effects in phyſick.

13. *Spirit of Honey.*

PVt one part of Honey to 5. parts of water: when the water boyleth, diſſolue your Honey therein, ſcumme it, and hauing ſodden an houre or two, put it into a wodden veſſell, and when it is but bloud-warme, ſet it on worke with yeaſt after the vſuall manner of Beere and Ale: tunne it, and when it hath lyen ſometime, it will yeeld his Spirit by diſtillation, as Wine, Beere and Ale will doe.

14. *To diſtill Roſe-water at Michielmas, and to haue a good yeeld as at any other time of the yeere.*

In

IN the pulling of your Roſes, firſt diuide all the blaſted leaues, then take the other freſh leaues, and laie them abroad vpon your table or windowes with ſome cleane linnen vnder them, let them lie three or foure houres, or if they bee dewy, vntill the dew be fully vaniſhed: put theſe Roſe leaues in great ſtone pottes, hauing narrowe mouthes, and well leaded within, (ſuch as the Goldſiners call their hookers, and ſerue to receiue their Aqua fortis, bee the beſt of all others that I know) and when they are well filled, ſtop their mouthes with good corkes, eyther couered all ouer with waxe or molten brimſtone, and then ſet your pot in ſome coole place, and they will keepe a long time good, and you may diſtill them at your beſt leaſure. This way you may diſtill Roſewater good cheape. If you buy ſtore of Roſes, when you finde a glutte of them in the market,

where-

whereby they are sold for 7. pence or 8. pence the bushell: you then engrosse the flower. And some hold opinion, that if in the midst of these leaues you put some broken leauen, and after fill vp the pot with Rose leaues to the toppe, that so in your distillation of them you shall haue a perfect Rose vineger, without the addition of any common vineger. I haue knowne Rose leaues kept well in Rondlets that haue beene first well seasoned with [illegible] liquor and Rose leaues boiled together, and the same pitched out on the out side, so as no ayre might penetrate or pearce the vessell.

15. *A speedy distillation of Rose water.*

STampe the leaues, and first distill the iuice being expressed, and after distil the leaues, and so you shall dispatch more with one Still, than others doe with three or foure

foure Stils. And this water is euery way as medicinable as the other, seruing in all syrups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine-vineger or good Aligar, that may bee both cleare and sharpe.*

I Knowe it is an vsuall manner, among the Nouices of our time, to put a quart or two of good vineger into an ordinary leaden Still, and so to distill it as they doe all other waters. But this way I vtterly dislike, both for that heere is no separation made at all, and also because I feare, that the vineger doth carry an ill touch with it, either from the leaden bottom, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse with a head or receiuer, the same being placed in sand or ashes.

Note,

Note, that the best part of the vinegar, is the middle part that ariseth: for, the first is faint & phlegmatick; and the last will taste of adustion, because it groweth heauie toward the latter end, and must be vrged vp with a great fire; and therefore you must now and then taste of that which cometh both in the beginning, and towards the latter end, that you may receiue the best by itselfe.

17. *How to draw the true spirit of Roses, and so of all other hearbs and flowers.*

MAcerate the Rose in his owne iuice, adding thereto, being temperately warme, a conuenient proportion either of yeast or ferment: leaue them a few dayes in fermentation, till they haue gotten a strong & heady smell, beginning to indline toward vinegar: then distill them in balneo in glasse bodies luted to their helmes (happely a Limbeck

beck will doe better, and rid faster.)
and drawe so long as you finde any
sent of the Rose to come: then redi-
still or rectifie the same so often till
you haue purchased a perfect spirit
of the Rose. You may also ferment
the iuice of Roses onely, and after di-
still the same.

18. An excellent Rosewater.

VPon the top of your glasse bo-
die, straine a haire-cloath, and
vpon that lay good store of Rose-
leaues, either drie, or halfe drie:
and so your water will ascend re-
rie good both in smell and in co-
lour. Distill either in balneo, or in
a gentle fire in ashes; you may rei-
terate the same water vpon fresh
leaues. This may also bee done in a
leaden Still, ouer which by reason
of the breadth, you may place more
leaues.

19. *An excellent way to make the extract of all Vegetables.*

EXpreſſe a good quantity of the iuice therof, ſet it on the fire, and giue it onely a walme or two, then it will grow cleare: before it be cooled, poure away the cleered filter with a piece of cotten, and then euaporate your filtred iuice, till it come to a thick ſubſtance: and thus you ſhall haue a moſt excellent extract of the Roſe, Gilliflower, &c. with the perfect ſent and taſte of the flower; whereas the common way is to make the extract either by the ſpirit of wine, faire water, the water of the plant, or ſome kind of menſtruum.

20. *To make a water ſmelling of the Eglantine, Gilliflowers, &c.*

DRie the hearbe or flower, and diſtill the ſame in faire-water

in

in a Lymbeck, draw no longer than you finde sent in the water that issueth, reiterate that water vpon fresh hearbes, and distil as before, diuiding the sweetest from the rest.

21. *A Scottish handwater.*

PVt Tyme, Lauender and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottom of a stone pot, vpon which make another lay of the said hearbs, and then a lay of Lees, and so forward: lute the pot well, bury it in the ground for vi. weeks; distill it, and it is called Dames water in Scotland A little thereof put into a bason of common water maketh very sweete washing water.

22. *How to draw the bloud of hearbes.*

STamp the hearbe, put the same into a large glasse, leauing two parts emptie (some commend the iuice

iuice of the herb onely) nip or elſe lute the glaſſe very well: digeſt it in balneo xv. or xvi. daies, and you ſhall find the ſame very red: diuide the watriſh part; and that which remaineth, is the bloud or eſſence of the herb.

23. *Roſewater, and yet the Roſe-leaues not diſcoloured.*

YOu muſt diſtill in balneo, and when the bottome of your pewter Still is thorow hot, pot in a few leaues at once, and diſtill them: watch your Still carefully; and, as ſoone as thoſe are diſtilled, put in more. I know not whether your profit will requite your labour, yet accept of it as a new concluſion.

24. *How to recouer Roſewater, or any other diſtilled water that hath gotten a mother, and is in danger to bee muſty.*

Infuſe

INfuse your water vpon fresh Rose leaues, or vpon Rose cakes broken all in peeces, and then after maceration for three or foure hours with a gentle fire, rediſtill your water. Do this in a Limbeck, take heed of drawing too long for burning, vnleſſe your Lymbeck ſtand in balneo.

25. *To draw both good Rosewater, and oyle of Roſes together.*

AFter you haue digeſted your Roſe leaues by the ſpace of 3. moneths, *ſicut ante, num.* 13. either in barrels or hookers, then diſtill them with fair water in a Limbeck: draw ſo long as you can find any excellent ſmell of the Roſe, then diuide the fattie oyle that fleeteth on the top of the Roſe water, and ſo you haue both excellent oyle of Roſes, and alſo good Roſe-water together, and you ſhall alſo haue more water than by the ordinarie way,

way: and this Rosewater extendeth farther in physicall compositions, and the other serueth best for perfumes and casting bottles. You may also distil the oile of *Lignum Rhodium* this way, saiuing that you shall not need to macerate the same aboue 24. houres in your water or menstruum before you distill: this oile hath a most pleasing smell, in a manner equall with the oile of Roses.

COOKERY AND Huſwitery.

1. *To ſouſe a young Pig.*

TAke a yong pig being ſcalded: boile it in faire water and white wine: put thereto ſome Bayleaues, ſome whole Ginger, ſome Nutmegs quartered, and a few whole Cloues: boile it throrowly,& leaue it in the ſame broth in an earthen pot.

2. *Aliter.*

TAke a Pig being ſcalded: collar him vp like brawn, and lap your collars in faire clothes: when the fleſh is boiled tender, take it out, and

put it in cold water and ſalt, and that will make the skinne white: make ſowſing drinke for it, with a quart of white wine, and a pottle of the ſame broth.

3. *To boile a Flounder or Pickrell of the French faſhion.*

TAke a pinte of white wine, the tops of yong Thyme and Roſemary, a little whole Mace, a little whole Pepper, ſeaſoned with veriuice, ſalt, and a peece of ſweet butter, and ſo ſerue it: this broth will ſerue to boile fiſh twice or thrice in.

4. *To boile Sparrows or Larks.*

TAKE two ladles full of Mutton broth, a little whole mace: put into it a peece of ſweet butter, a handfull of Parſly being picked: ſeaſon it with ſugar, veriuice, and a little pepper.

5. To boile a Capon in white broth.

BOile your Capon by it ſelfe in faire water: then take a ladlefull or two of Mutton-broth, and a little white wine, a little whole Mace, a bundle of ſweet herbs, a little marrow: thicken it with Almonds: ſeaſon it with ſugar & a little veriuice: boile a few Currans by themſelues, and a Date quartered, leſt you diſcolour your broth, and put it on the breaſt of your Capon, Chicken, or Rabbet: if you haue no Almonds, thicken it with creame, or with yolks of eggs, garniſh your diſhes on the ſides with a Lemmon ſliced, and ſugar.

6. To boile a Mallard, Teale, or Wygen.

TAke Mutton-broth, and put it into a pipkin: put into the belly

belly of the Fowle a few ſweet herbs and a little mace: ſtick halfe a dozen of cloues in his breaſt: thicken it with a toſte of bread ſteeped in veriuice: ſeaſon it with a little pepper, and a little ſugar; alſo one onion minced ſmall is very good in the broth of any water-Fowle.

7. *To boile a leg of Mutton after the French faſhion.*

TAke all the fleſh out of your Leg of Mutton, or at the butt end, preſeruing the skinne whole, and mince it ſmall with Oxe-ſuet and marrow: then take grated bread, ſweet Cream, and yolks of egges, and a few ſweet herbes: put vnto it Currans, and Raiſins of the Sunne: ſeaſon it with Nutmegs, Mace, Pepper, and a little Sugar, and ſo put it into the leg of Mutton again, where you tooke it out, and ſtew it in a pot with a marrow-bone or two: ſerue

in the marrow-bones with the ſtewed broth and fruit, and ſerue in your leg of Mutton dry with carret roots ſliced, and caſt groſſe pepper vpon the roots.

8. *To boile Pigs-petitoes on the French faſhion.*

BOile them and ſlice them, being firſt rouled in a little batter, your batter being made with the yolke of an egge, 2. ſponefuls of ſweet cream, and one ſpoonefull of flower: make ſawce for it with nutmeg, vineger, and ſugar.

9. *To boile Pigeons with Rice.*

BOile them in Mutton-broth, putting ſweet herbs in their bellies: then take a little Rice, and boile it in creame, with a little whole mace: ſeaſon it with ſugar: lay it thicke on the ir

their breſts, wringing alſo the iuice of a Lemmon vpon them, and ſo ſerue them.

10 *To boile a chine of veale or chickin in ſharpe broth with herbs.*

TAke a little mutton broth, white wine and veriuyce, and a little whole mace: then take Lettuce, Spinage, and Parſley, and bruize it, and put it into your broth, ſeaſoning it with veriuyce, pepper, and a little ſugar, and ſo ſerue it.

11 *To make Beaumanger.*

TAKE the brawne of a Capon: toſe it like wooll: then boile it in ſweet Creame with the whites of two egges; and being well boyled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabaſter mortar with a wooden peſtell: then draw it thorough a thinne ſtrainer

with the yolks of two egges and a little Roſe-water: then ſet it on a chafingdiſh with coals, mixing foure ounces of ſugar with it; and when it is cold, diſh it vp like Almond-butter, and ſo ſerue it.

12. *To make a Polonian ſawſedge.*

TAke the fillets of a hog: chop them very ſmall with a handfull of red Sage: ſeaſon it hot with ginger and pepper, and then put it into a great ſheep's gut: then let it lie three nights in brine: then boile it, and hang it vp in a chimney where fire is vſually kept: and theſe ſawſedges will laſt a whole yeere. They are good for ſallades, or to garniſh boiled meats, or to make one reliſh a cup of wine.

13. *To make tender and delicate brawne.*

PVt collars of brawn, in kettles of water, or other apt veſſels, into an ouen, heated as you would for houſhold bread: couer the veſſels, and ſo leaue them as long in the ouen, as you would doe a batch of bread. A late experience amongſt Gentlewomen far excelling the old manner of boiling brawne in great and huge kettles. *Quere*, if putting your liquor hot into the veſſels, and the brawn a little boiled firſt, by this means you ſhall not giue great expedition to your worke.

14. *Paſte made of fiſh.*

INcorporate the body of ſalt fiſh, Stock-fiſh, Ling, or any freſh fiſh that is not full of bones with crums of bread, flower, Iſinglaſſe,

&c. and with proper ſpices agreeing with the nature of euery ſeueral fiſh and of that paſte, mould off the ſhapes and forms of little fiſhes; as, of the Roch, Dace, Perch, &c. and ſo by Art you may make many little fiſhes out of one great and naturall fiſh.

15. *How to barrell up Oiſters, ſo as they ſhall laſt for ſix moneths ſweet and good, and in their naturall taſte.*

OPen your Oyſters: take the liquor of them, and mix a reaſonable proportion of the beſt white wine vineger you can get, a little ſalt, and ſome pepper: barrell the fiſh vp in ſmall caske, couering all the Oyſters in this pickle, and they will laſt a long time. This is an excellent means to conuey Oyſters vnto dry townes, or to carry them in long voyages.

16. *How to keepe freſh Salmon a whole moneth in his perfect taſte, and delicacy.*

FIrſt, ſeethe your Salmon according to the vſuall manner: then ſinke it in apt and cloſe veſſels in wine-vineger, with a branch of Roſemary therein. By this means, Vintners and Cookes may make profit thereof when it is ſcarce in the markets: and Salmon, thus prepared, may bee profitably brought out of Ireland, and ſold in London or elſe where.

17. *Fiſh kept long, and yet to eat ſhort and delicately.*

FRy your fiſh in oyle: ſome commend rape oile; and ſome, the ſweeteſt Ciuill oile that you can get: for the fiſh wil not taſte at all of the oil,

becauſe

becauſe it hath a watriſh body, and oyle and water make no true vnity: then put your fiſh in white wine vineger, and ſo you may keepe it for the vſe of your Table any reaſonable time.

18. *How to keepe roſted Beefe a long time ſweet and wholſome.*

THis is alſo done in Wine vineger, your peeces being not ouer great, and well and cloſe barrelled vp. This ſecret was fully proued in that honourable voyage vnto Cales.

19. *How to keepe poudered Beefe fiue or ſix weeks after it is ſodden, without any charge.*

WHEN your Beefe hath beene well and throughly powdered by tenne or twelue dayes ſpace, then ſeeth it thoroughly, dry it

it with a cloth, and wrap it in drie clothes, placing the ſame in cloſe veſſels and cupboards, & it wil keep ſweet and ſound two or three moneths, as I am credibly informed from the experience of a kinde and louing friend.

20. *A conceipt of the Authors, how Beefe may bee carried at the Sea, without that ſtrong and violent impreſsion of ſalt, which is vſually purchaſed by long and extreame powdering.*

HEere, with the good leaue and fauour of thoſe courteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatiſe; I will make bold to launch a little from the ſhoare, and try what may bee done in the vaſt and wide Ocean, and in long and dangerous voyages, for the better preſeruation of ſuch vſuall victualls, as for want of this skill doe

do oftentimes meerly periſh, or elſe, by the extreme pearcing of the ſalt, do loſe euen their nutritiue ſtrength and vertue: and if any future experience do happen to controule my preſent conceipt, let this excuſe a ſcholar, *quòd in magnis eſt voluiſſe ſatis.* But now to our purpoſe: Let all the bloud be firſt well gotten out of the Beefe, by leauing the ſame ſome nine or ten dayes in our vſuall brine: then barrell vp all the peeces in veſſels full of holes, faſtening them with ropes at the ſterne of the ſhip, and ſo dragging them thorow the ſalt ſea water (which, by his infinite change and ſucceſſion of water, will ſuffer no putrefaction, as I ſuppoſe): you may happely finde your Beefe both ſweet & ſauoury enough, when you come to ſpend the ſame. And if this happen to fall out true vpon ſome tryall thereof had, then either at my next impreſſion, or when I ſhall be vrged thereunto vpon any neceſſity of ſeruice, I hope

to

to diſcouer the means alſo whereby euery ſhip may carry ſufficient ſtore of victual for her ſelfe in more cloſe and conuenient cariages than thoſe looſe veſſels are able to performe. But if I may be allowed to carry either roſted or ſodden fleſh to the ſea, then I dare aduenture my poore credit therein, to preſerue, for ſix whole moneths together, eyther Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as freſh as we doe now vſually eate them at our Tables. And this I hold to be a moſt ſingular and neceſſary Secret for all our Engiſh Nauie; which at all times, vpon reaſonable tearmes, I will bee ready to diſcloſe for the good of my country.

21. *How to make ſundry ſorts of moſt daintie Butter, hauing a liuely taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few dropps of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making vp of your Butter: for Oyle and Butter will incorporate and agree very kindely and naturally together. And how to make the ſaid oyles, with all neceſſarie veſſels, inſtruments, and other circumſtances by a moſt plaine and familiar deſcription; ſee my Iewelhouſe of Art and Nature, vnder the Title of Diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milke than is commonly vſed or knowne by any of our beſt Dairy-women at this day.*

Hauing

HAuing brought your milke into curds by ordinary renet, either breake them with your hands, according to the vſuall manner of other Cheeſes, and after, with a fleeting diſh, take away as much of the whey when as you can; or elſe put the curds, without breaking, into your moat: let them ſo repoſe one houre, or two, or three; and then, to a Cheeſe of two gallons of milke, adde a weight of tenne or twelue pound: which weight muſt reſt vpon a couer that is fit with the moat or caſe; wherein it muſt truely deſcend by degrees as you increaſe your weight, or as the curds doe ſink and ſettle. Let your curds remaine ſo all that day and night following, vntill the next morning: and then turne your Cheeſe or curds, and place your weight againe thereon, adding from time to time ſome more ſmall weight, as you ſhall ſee cauſe. Note, that you muſt

lay

lay a cloth both vnder and ouer your curds at the leaſt, if you will not wrap them all ouer, as they doe in other Cheeſes, changing your cloth at euery turning. Alſo if you will worke in any ordinary moat, you muſt place a round and broad hoope vpon the moat, beeing iuſt of the ſelfe ſame bigneſſe, or circumference, or elſe you ſhall make a very thinne cheeſe. Turne theſe cheeſes euery morning and euening, or as often as you ſhall ſee cauſe, till the whey be all runne out; and then proceed as in ordinary Cheeſes. Note, that theſe moats would bee full of holes, both in the ſides and bottome, that the whey may haue the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deuiſe moats or caſes, either round or ſquare, of fine wicker; which, hauing wicker couers, may by ſome ſleight be ſo ſtaied, as that you ſhall need

need onely morning and euening to turne the wrong ſide vpward, both the bottomes being made looſe, and ſo cloſe and fitting, as they may ſinke truely within the moate or mould, by reaſon of the weight that lyeth thereon. Note, that in other Cheeſes the couer of the moat ſhutteth ouer the moat: but in theſe the couers deſcend and fall within the moates. Alſo your ordinarie Cheeſes are more ſpongious and full of eyes, than theſe, by . reaſon of the violent preſſing of them; whereas theſe cheeſes ſetling gently and by degrees, doe cut as cloſe and as firme as marmelade. Alſo in thoſe Cheeſes which are preſſed out after the vſuall manner, the whey that commeth from them if it ſtand a while, will carrie a creame vpon it, whereby the Cheeſe muſt of neceſſitie bee much leſſe, and, as I gheſſe, by a fourth part: whereas the Whey that commeth from theſe new kinde of Cheeſes

Cheeſes is like faire water in colour, and carrieth no ſtrength with it. Note alſo, that if you put in your curds vnbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the cheeſes will yet bee ſo much the greater: but that is the more troubleſome way, becauſe the curds, beeing tender, will hardly endure the turning, vnleſſe you bee very carefull. I ſuppoſe, that the Angelores in France may bee made in this manner in ſmall baskets, and ſo likewiſe of the Parmeeſan: and if your whole Cheeſes conſiſt of vnflatten milke, they will beefull of butter, and eate moſt daintily, being taken in their time, before they be too dry: for which purpoſe, you may keepe them, when they beginne to grow dry, vpon greene ruſhes or nettles. I haue robbed my wiues Dairy of this ſecret, who hath hitherto refuſed all recompences that haue beene offered her

her by gentlewomen for the ſame: and had I loued a Cheeſe my ſelf ſo well as I like the receipt, I thinke I ſhould not ſo eaſily haue imparted the ſame at this time. And yet I muſt needs confeſſe, that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue been willing to publiſh this with ſome other ſecrets of worth, for the which I haue many times refuſed good ſtore both of crowns and angels. And therefore let no Gentlewoman think this Booke too deare, at what price ſoeuer it ſhall be valued vpon the ſale therof: neither can I eſteem the worke to be of leſſe than twenty yeeres gathering.

23. *Clouted creame.*

TAke your milke being new milked, and preſently ſet it vpon the fire from morning vntill the eue-

euening, but let it not ſee the: and this is called my Lady *Young's* clowted creame.

24. *Fleſh kept ſweet in ſummer.*

YOu may keep Veal, Mutton, or Veniſon in the heat of Summer ix. or x. daies good, ſo as it be newly and fair killed, by hanging the ſame in an high and windy roome (And therefore a plate cupboard full of holes, ſo as the winde may haue a thorow paſſage, would be placed in ſuch a room, to auoid the offence of Fly-blowes) This is an approoued Secret, eaſie & cheap, and very neceſſary to be knowne and practiſed in hot and tainting weather. Veale may be kept ten daies in bran.

25. *Muſtard-Meale.*

IT is vſuall in Venice to ſell the meale of Muſtard in their markets, as

as we doe flower and meale in England: this meale, by the addition of vineger, in two or three daies becommeth exceeding good muſtard; but it would bee much ſtronger and finer, if the huskes or huls were firſt diuided by ſearce or boulter; which may eaſily be done, if you dry your ſeeds againſt the fire before you grinde them. The Dutch iron hand-mils, or an ordinary pepper-mill, may ſerue for this purpoſe. I thoght it very neceſſary to publiſh this maner of making your ſawce, becauſe our muſtard which wee buy from the chandlers at this day, is many times made vp with vile and filthy vineger, ſuch as our ſtomacks would abhorre, if wee ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to auoid ſmoake in broyling of Bacon, Carbonado, &c.*

MAke little dripping pannes of paper,

paper, paſting vp the corners with ſtarch or paſte: wet them a little in water (but Pope *Pius Quintus* his Cook will haue them touched ouer with a feather firſt, dipped in oyle or molten butter): lay them on your gridiron, and place therein your ſlices of bacon, turning them as you ſee cauſe. This is a cleanly way, and auoideth all ſmoke. In the ſame maner you may alſo broil thin ſlices of Polonian ſawſedges, or great Oyſters: for ſo were the Popes Oyſters dreſſed. You muſt bee carefull, that your fire vnder the gridiron flame not, leſt you happen to burne your dripping pannes: and therefore all cole-brands are here ſecluded.

27. *The true bottling of beere.*

WHen your Beere is 10. or 12. dayes olde, whereby it is growne reaſonable cleare, then

then bottle it, making your corkes very fit for the bottles, and ſtoppe them cloſe: but drinke not of this beer, till they begin to worke againe, and mantle, and then you ſhall find the ſame moſt excellent and ſpritely drinke: and this is the reaſon why bottle ale is both ſo windy and muddy, thundering and ſmoking vpon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is laid into the cellar; wherby its yeaſt, being an exceeding windy ſubſtance, being alſo drawn with the Ale not yet fined, doth incorporate with the drinke, and maketh it alſo very windy: and this is all the lime and gunpowder wherewith bottle-ale hath beene a long time ſo wrongfully charged.

28. *How to help your bottles when they are muſty.*

SOme put them in an ouen when

the bread is newly drawne, cloſing vp the ouen, and ſo let them reſt till morning. Others content themſelues with ſcaulding them in hot liquor only till they be ſweet.

29. *How to breake whites of egges ſpeedily.*

A Fig or two ſhred in peeces, and then beaten amongſt the whites of egges, will bring them into an oile ſpeedily: ſome breake them with a ſtubbed rod: and ſome, by wringing them often thorow a ſponge.

30. *How to keepe flyes from oyle-peeces.*

A Line limed ouer, and ſtrained about the creſt of oile-peeces or pictures, will catch the Flies, that would otherwiſe deface the pictures. But this Italian conceipt, both for the rareneſſe and vſe thereof, doth

pleaſe

pleaſe me aboue all other, viz. Prick a Cowcumber full of barly-cornes, with the ſmall ſpiring ends outward: make little holes in the cowcumber firſt with a wooden or bone bodkin, and after put in the grain: theſe, being thick plated, will in time couer all the Cowcumber, ſo as no man can diſcern what ſtrange plant the ſame ſhould be. Such Cowcumbers are to be hung vp in the midſt of Summer roomes, to draw all the Flies vnto them, which otherwiſe would flie vpon the pictures or hangings.

31. *To keepe Lobſters, Crafiſhes, &c. ſweet and good for ſome few daies.*

THeſe kindes of fiſh are noted to bee of no durability or laſting in warme weather: yet, to prolong their dayes a little, though I feare I ſhall raiſe the price of

them by the diſcouery amongſt the fiſhmongers (who, onely in reſpect of their ſpeedy decay, doe now and then afford a penny worth in them) if you wrap them in ſweet & courſe rags firſt moiſtened in brine, and then bury theſe clothes in Callis ſand, that is alſo kept in ſome coole or moiſt place: I know by mine owne experience, that you ſhall find your labour well beſtowed, and the rather, if you lay them in ſeuerall clothes, ſo as one do not touch the other.

32. *Diuers excellent kindes of bottle-ale.*

I Cannot remember, that euer I did drinke the like Sage-ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of Sage with a quart of Ale, the ſame being well brewed out of one pot into another,

ther: and this way a whole Stand of ſage ale is very ſpeedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right Goſſips cup that ſhall farre exceede all the Ale that euer mother *Bunch* made in her life time, then in the bottling vp of your beſt alle, tunne halfe a pint of white Ipocraſſe that is newly made, and after the beſt receit, with a pottle of Ale: ſtoppe your bottle cloſe, and drinke it when it is ſtale. Some commend the hanging of roaſted Orenges prickt full of Cloues in the veſſell of Ale till you finde the taſte thereof ſufficiently graced to your own liking.

33. *How to make wormewood wine very ſpeedily and in great quantity.*

TAke ſmall Rochell or Coniake wine, put a few drops of the

extracted oyle of wormwood therein: brew it together (as before is ſet downe in bottle-ale) out of one pot into another, and you ſhall haue a more neat and wholeſome wine for your body, than that which is ſold at the Stillyard for right wormwood-wine.

34. *Roſe-water and Roſe-vineger of the colour of the Roſe, and of the Cowſlip, and Violet-vineger.*

IF you would make your Roſe-water and Roſe-vineger of a Rubie colour, then make choyce of the crimſin-velvet-colored leaues, clipping away the whites with a paire of ſheers: and beeing thorow dryed, put a good large handfull of them into a pint of Damask or red Roſe-water: ſtop your glaſſe well, and ſet it in the Sunne, till you ſee that the leaues haue loſt their colour: or, for more expedition, you may performe this worke in balneo in a few hours;

and

and when you take out the old leaues, you may put in freſh, till you finde the colour to pleaſe you. Keepe this Roſe-water in glaſſes very well ſtopt; the fuller the better. What I haue ſaid of Roſe-water, the ſame may alſo be intended of Roſe-vineger, violet, marigold, and cowſlip-vineger: but the whiter vineger you chuſe for this purpoſe, the colour thereof will bee the brighter: and therefore diſtilled vineger is beſt for this purpoſe, ſo as the ſame bee warily diſtilled with a true diuiſion of parts, according to the manner expreſſed in this booke in the diſtillation of vineger.

35. *To keepe the iuyce of Oranges and Lemmons all the yeere for ſauce, iuleps and other purpoſes.*

Expreſſe their iuyce, and paſſe it thorough an Ipocraſſe bagge, to clarifie it from his impurities:

then fill your glaſſe almoſt to the top: couer it cloſely, and let it ſtand ſo till it haue done boyling: then fill vp your glaſſe with good ſallet oyle, and ſet it in a coole cloſet or butterie, where no Sun commeth: the apteſt glaſſes for this purpoſe, are ſtraight vpright ones, like to our long beer-glaſſes, which would bee made with little round holes within two inches of the bottome, to receiue apt fawcets: and ſo the grounds or lees would ſettle to the bottom, and the oyle would ſinke downe with the iuyce ſo cloſely, that all putrefaction would bee auoyded: or, in ſtead of holes, if there were glaſſe pipes, it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this maner preſerue many iuices of herbs and flowers.

And becauſe that profit and skill vnited do grace each other, if (curteous Ladies) you will lend eares, and follow my direction, I will heere furniſh

furniſh a great number of you (I would I could furniſh you all) with the iuyce of the beſt Ciuill Orenges at an eaſie price. About All-hollantide, or ſoone after, you may buy the inward pulp of Ciuill Orenges, wherein the iuyce reſteth, of the comfit-makers for a ſmall matter, who doe oncly or principally reſpect their rindes, to preſerue and make Orengeado'es withall: this iuyce you may prepare and reſerue as before.

36. *How to purifie and giue an excellent ſmell and taſte vnto ſallet oyle.*

PVt ſallet oile into a veſſel of wood or earth, hauing a hole in the bottome: to euery foure quarts of water, adde one quart of oyle, and, with a wooden ſpoone or ſpattle, beat them well together for a quar-

ter of an houre; then let out the water, preuenting the oyle from iſſuing, by ſtopping of the hole: repeate this worke two or three times, and at the laſt you ſhall finde your oyle well cleanſed or clarified. In this maner you may alſo clarifie capons greaſe, being firſt melted, and working with warme water. All this is borrowed of M. *Bartholomæus Scapius*, the Maſter-Cooke of Pope *Pius Quintus* his priuie Kitchin. I thinke if the laſt agitation were made in Roſe-water, wherein alſo Cloues or Nutmegs had beene macerated, that ſo the oyle would be yet more pleaſing.

Or if you ſet a large glaſſe in balneo full of ſweete oyle, with ſome ſtore of bruiſed cloues, and rindes of Candi Orenges or Lemmons alſo therein, and ſo continue your fire for two or three houres, and then letting the cloues and rindes remain in the oile, till both the ſent & taſte do pleaſe you; I thinke many

ny men which at this day doe lothe oyl (as I my ſelfdid,not long ſince) would be eaſily drawn to a ſufficient liking thereof.

37. *How to clariſie, without any diſtillation, both white and claret wine vineger for gellies or ſauces.*

TO euery ſix pints of good wine-vineger, put the whites of two new-laid ogges well beaten: then put all into a new leaden pipkin and cauſe the ſame to boyle a little ouer a gentle fire: then let it run thorow a coorſe gelly-bag twice or thrice, and it will be very cleere, and keepe good one whole yeare.

38. *To make a moſt delicate white ſalt for the Table.*

FIrſt calcine or burn your white ſalt,

ſalt: then diſſolue it in cleere conduit water: let the water ſtand without ſtirring, forty eight houres: then carefully draw away all the cleere water only: filter it, and after euaporate the filtred liquor, reſeruing the ſalt. Some leaue out calcination,

39. *A delicate Candle for a Ladies Table.*

CAuſe your dutch Candles to be dipped in Virgin wax, ſo as their laſt coat may bee meerly wax: and by this meanes you may carry them in your hand without melting, and the ſent of the tallow will not breake thorow to giue offence: but if you would haue them to reſemble yellow wax-candles, then firſt let the tallow be coloured with Turmerick boyled therein, and ſtrained: and after your Candles haue beene dipped therein to a ſufficient greatneſſe, let them take their laſt coat

coat from yellow wax: this may bee done in a great round Cane of tin-plate, hauing a bottome, and being ſomewhat deeper than the length of your candles: and as the waxe ſpendeth, you may ſtill ſupply it with more.

40. *How to hang your candles in the ayre without candleſticks.*

THis will make a ſtrange ſhew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar bee conueied in the middeſt of euery wecke, and left of ſome length aboue the Candle, to faſten the ſame to the poſtes in the roof of your houſe; and if the roome be any thing high roofed, it will bee hardly diſcerned, and the flame though it conſume the tallow, yet it will not melt the wyer.

41. *Roſe vineger made in a*

MAcerate or ſteepe Roſeleaues in faire water: let them lie therein till they wax ſowre in ſmell, and then diſtill the water.

SWEETE

Svveete Powders, oyntments beauties, &c.

1. *An excellent damask powder.*

YOu may take of yreos halfe a pound, Rose leaues 4. ounces, cloues one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, Muske and Ciuet of each 10 graines; beate and incorporate them well together.

2. *An excellent hand water or washing water very cheape.*

TAke a gallon of faire water, one handfull of Lauender flowers, a few Cloues and some Orace pow-

powder, and foure ounces of Beniamin: diſtill the water in an ordinarie leaden Still. You may diſtill a ſecond water by a new infuſion of water vpon the lees: a little of this will ſweeten a baſon of faire water for your table.

3. *A ball to take ſtaines from linnen.*

TAke foure ounces of white hard Sope: beat it in a mortar with two ſmall Lemmons ſliced, and as much roch Allome as an Haſell nut: roule it vp in a ball: rub the ſtaine therewith; and after, fetch it out with warm water, if need be.

4. *A ſweet and delicate Pomander.*

TAke two ounces of Labdanum; of Beniamin and Storax, one ounce: muſk, ſix graines: ciuet, ſix graines:

grains; Amber-greaſe, ſix graines; of Calamus Aromaticus and Lignum Aloes, of each the weight of a groat: beat all theſe in a hot mortar, and with an hot peſtell, till they come to paſte: then wet your hand with Roſe-water, and roule vp the paſte ſuddenly.

5. *To take ſtaines out of ones hands preſently.*

YOu may do this with the iuyce of Sorrell, waſhing the ſtained place therein.

6. *To take away ſpots and freckles from the face or hands.*

THe ſappe that iſſueth out of a Birch tree in great abundance, being opened, in March or Aprill, with a receiuer of glaſſe ſet vnder the boring thereof to receiue the ſame, doth performe the ſame moſt excellently,

excellently, & maketh the skin very cleer. This ſap will diſſolue pearle; a ſecreet not known vnto many.

7. A white fucus or beauty for the face.

THe iaw bones of a Hog or Sow well burnt, beaten, and ſearced thorow a fine Searce, and after, ground vpon a porphyrie or ſerpentine ſtone, is an excellent fucus, being laid on with the oyle of white poppy.

8. A delicate waſhing ball.

TAke three ounces of Orace, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Roſe leaues, two ounces of Lauender flowers: beat all theſe together in a mortar, ſearcing them thorow a fine Searce, then ſcrape ſome caſtill

caſtill ſope, and diſſolue it with ſome Roſe-water, then incorporate all your powders therewith, by labouring of them well in a mortar.

9. *Muſke-powder.*

TAke fiue ounces of Orace, two ounces of Cypreſſe, two ounces of Calamus, halfe an ounce of Cloues, one ounce of Beniamin, one ounce of roſe leaues, one ounce of Storax calamitum, halfe an ounce of Spike-flowers: mix them well together.

10. *To keepe the teeth both white and ſound.*

OF hony take a quart, as much vineger, & halfe ſo much white wine: boyl them togither, and waſh your teeth therewith now and then.

21. *To allay heat, and cleer the face.*

TAke three pints of conduit water: boyle therein two ounces of French barley: change your water, and put in the barley againe: repeat this so long, till your water purchase no colour from the barley, but become very cleere: boyl the last three pints to a quart: then mix halfe a pint of white wine therein; and when it is cold, wring the iuyce of two or three good Lemmons therein; and vse the same for the Morphew, heat of the face or hands, and to cleere the skin.

22. *Skin kept white and cleere.*

VVAsh the face and body of a sucking childe with breast-milke, or cow-milke, or mixed with water,

water, euery night: and the child's skin will wax fair and cleere, and resist Sun-burning.

13. *An excellent Pomatum to cleere the skinne.*

WAsh Barrows grease often times in May-deaw, that hath beene clarified in the Sunne, till it bee exceeding white: then take Marshmallow rootes, scraping off the outsides: then make thin slices of them, and mix them: set them to macerate in a seething Balneo, and scumme it well till it bee thorowly clarified, and will come to rope: then strain it, aud put now and then a spoonefull of May-dew therein, beating it till it bee thorow cold in often change of May-dew: then throw away that dew, and put it in a glasse, couering it with May-dew: and so reserue it to your vse. Let the mallow roots be two or three daies dried

dried in the ſhade before you vſe them. This I had of a great Profeſſort of Art, and for a rare and dainty Secret, as the beſt fucus this day in vſe.

14. *Another mineral fucus for the face.*

IN corporate with a woodden peſtle, and in a woodden mortar, with great labour, foure ounces of ſublimate, and one ounce of crude Mercurie, at the leaſt: or 8. houres (you cannot beſtow too much labour herein): then with often change of could water, by ablution in a glaſſe, take away the ſalts from the ſublimate: change your water twice euery day at the leaſt: and in ſeuen of eight daies (the more the better) it will bee dulcified, and then it is prepared. Lay it on with the oyle of white Poppy.

15. *To*

15. *To take away Chilblanes out of the hands or feet.*

BOyle halfe a pecke of Oats in a quart of water, till they wax dry: then hauing first annointed your hands with some good Pomatum and well chafed them, hold them within the Oats as hot as you may well suffer them, couering the bowl wherein you put your hands, with a double cloth, to keepe in the steame of the Oats. Do this three or foure times, and you shall find the effect. The same Oats will serue to be sodden with fresh water three or foure times.

16 *To helpe a face that is red or pimpled.*

DIssolue common Salt in the iuyce of Lemmons, and with a linnen

linnen cloth pat the patients face that is full of heat or pimples. It cureth in a few dreſſings.

17. *Aliter.*

TAke of thoſe little whelkes or ſhels which ſome doe call ginny money: waſh fiue or ſix of them, and beat them to fine powder, and infuſe the iuyce of Lemmons vpon them, and it will preſently boyle: but if it offer to boyle out of your glaſſe, then ſtop the mouth thereof with your finger, or blow into it. This will in a ſhort time bee like an ointment: with which you muſt anoint the heat or pimples of the face oftentimes in a day, till you finde help. As the oyntment dryeth, put more iuyce of Lemmons to it. This of an outlandiſh Gentlewoman, and it is an aſſured remedy, if the heat be not very extreme. Some haue found by experience, that bathing

of

of the face with hote vineger euery night when they goe to bed, doth mightily repell the humour.

18. *Aliter.*

QVilt bay ſalt well dried and powdered, in double linnen ſocks of a prety bigneſſe; let the patient wear them in wide hoſe & ſhooes day and night, by the ſpace of foureteene daies, or till hee bee well: euery morning and euening, let him dry his ſocks by the fire and put them on againe.

This helped M. *Foſter*, an Eſſex man, and an Attorney of the common pleas, within theſe few yeares, but now deceaſed; whoſe face was, for many yeeres together, of an exceeding high and furious colour, of my owne knowledge, and had ſpent much mony in phyſick without any ſucceſſe at all, vntill hee obtainted

this remedie. The Patient muſt not take any wet of his feete during the cure.

19. *Aliter, & optimè.*

TAke halfe a pound of white diſtilled vineger, two new-laid eggs with their ſhels, two ſpoonfuls of the flowers of brimſtone: let theſe macerate in the vineger by the ſpace of three daies: then take out the egges, and prick them ful of holes with a needle, but not too deepe, leaſt any of the yolk ſhould happen alſo to iſſue: let that liquor alſo mix with the vineger: then ſtrain all thorow a fine cloth, and tye vp the brimſtone in the cloth, like a little ball, dip this ball in the ſtrained liquor when you vſe it, and put it on the place three or foure times euery day: and this will cure any red face in twelue or fourteene dayes.

daies. Some doe also commend the same for an approued remedy against the morphew, the brimstone bal must be kept in some close thing from the ayre.

20. *How to take away any pimple from the face.*

BRimstone, ground with the oyle of Turpentine, and applyed vnto any pimple one houre, maketh the flesh to rise spungeous: which being anointed with the thicke oyle of butter that ariseth in the morning from new milk sodden a little ouer night, will heale and scale away in a few dayes, leauing a faire skin behinde. This is a good skinning salue.

21. *To help any Morphew, Sunne-burning, itch, or red face.*

STeep two ſliced Lemmons being large and faire, in a pint of conduit water: leaue them foure or fiue daies in infuſion, couering the water: then ſtrain the water, and diſſolue therin the quantitie of a haſel nut of ſublimate (ſome hold a dram a good proportion to a pinte of water) finely powdred: let the patient wet a cloth therein, and rubbe the place where the griefis, euery morning and euening a little, till the hew doth pleaſe her: you may make the ſame ſtronger or weaker, according to good diſcretion.

22. *For the Morphew.*

TAke a pint of diſtilled vineger: lay therein two new-laid egges whole

whole with their shels, three yellow Dock-roots, picked and sliced, two spoonfuls of the flowers of brimstone: and so let all rest three daies, & then vse this liquor, with a cloth rubbing the place three or foure times euery day; and in three or foure dayes, it commonly helpeth: put some bran in your cloth before you moisten your cloth therin, binding it vp in forme of a little ball.

This, of Master *Rich* of *Lee*, who helped himselfe and a gallant Lady therewith in a few daies.

23. *To take away the freckles in the face.*

WAsh your face, in the wane of the Moone with a spong morning and euening, with the distilled water of Elder-leaues, letting the same dry into the skinne. Your water must be distilled in May. This

from a Trauceller, who hath cured himselfe thereby.

24. *To cure any extreme bruise, vpon a sore fall on the face, or any other member of the body.*

PResently after the fall, make a great fire, and apply hot clothes, one after another, without intermission, the Patient standing neere the fire for one houre and a half, or till the swelling bee cleane abated. This I knew prooued, with good successe, in a maid that fell downe a pair of stairs, whereby all her face was extremely disfigured. Some hold opinion, that the same may be performed with clothes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colours which do accustomably follow all bruises, shred the root of a green or growing flower-

flower-deluce: beat it with red roſe water, and grinde it till it come to a ſalue: apply the ſame, and in few houres it takes away all the colors; but if it lye too long, it will raiſe pimples: and therefore ſo ſoone as the colours be vaniſhed, immediately remoue the ſalue.

25. How to keepe the teeth cleane.

CAlcine the tops and branches of Roſemary into aſhes, and to one part thereof, put one part of burnt Allome: mix them well together, and with thy finger, firſt moiſtened a little with thy ſpittle, rubbe all thy teeth ouer a pretty while euery morning till they bee cleane, but not to galling of thy gummes: then ſuppe vp ſome faire water or white wine, gargling the ſame vp and downe thy mouth a

while, and then dry thy mouth with a towell. This of an honeſt Gentleman, and a painfull gatherer of phyſicall receits.

26. *Sweet and delicate dentifrices, or rubbers for the teeth.*

DIſſolue in foure ounces of warm water, three or foure drammes of gumme Dragagant, and in one night this will become a thick ſubſtance like gelly: mingle the ſame with the powder of Alabaſter finely ground and ſcarced: then make vp this ſubſtance, into little round rolles, of the bigneſſe of a childes arrow, and foure or fiue inches in length. Alſo if you temper Roſet, or ſome other colour (that is not hurtfull) with them, they will ſhew full of pleaſing veines. Theſe you may ſweeten either with roſe water Ciuet, or Muſk. But if your teeth bee

bee very scaly, let some expert Barber first take off the scales with his instrument, and then you may keep them cleane by rubbing them with the aforesaid roules.

And here, by those miserable experiences that I haue seene in some of my neerest friends, I am enforced to admonish all Gentlewomen to be carefull how they suffer their teeth to be clensed and made white with any *Aqua fortis*, which is the Barbers vsual water: for vnlesse the same be both well allayed, and carefully applied, shee may happen within a few dressings to bee forced to borrow a ranke of teeth to eate her dinner, vnlesse her gummes doe helpe her the better.

27. A delicate Stoue to sweat in.

I Know that many Gentlewomen, as well for the clearing of their

skins, as clensing of their bodies, do now and then delight to sweat. For the which purpose, I haue set down this manner following, as the best that euer I obserued: Put into a brasse pot of some good content, such proportion of sweet herbs, and of such kinde as shall bee most appropriate for your infirmity, with some reasonable quantity of water, close the same with an apt couer, & wel-luted with some paste made of flower and whites of Egges: at some part of the couer you must let in a leaden pipe (the entrance whereof must also bee wel-luted) in this pipe must bee conueyed thorow the side of the chimney, where the pot standeth in a thicke hollow stake of a bathing tub crossed with hoopes, according to the vsuall manner, in the top, which you may couer with a sheet at your pleasure. Now, the steam of the pot passing thorow the pipe vnder the halfe bottome of the bathing tub, which must bee bored

full

full of bigge holes, will breathe ſo ſweet & warm a vapour vpon your body, as that (receiuing ayre, by holding your head without the tub as you ſit therein) you ſhall ſweate moſt temperately, and continue the ſame a long time without fainting. And this is performed with a ſmall charcole fire maintained vnder the pot for this purpoſe. Note, that the roome would be cloſe wherein you place your bathing tub, leſt any ſudden cold ſhould happen to offend you whil'ſt your body is made open and porous to the ayre.

28. *Diuers ſorts of ſweet hand-waters made ſuddenly or extempore, with extracted oyles of ſpices.*

FIrſt you ſhall vnderſtand, that whenſoeuer you ſhall draw any of

of the aforesaid Oyles of Cynamon, Cloues, Mace, Nutmegs, or such like, that you shall haue also a pottle or a gallon more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea some doe keepe the same for their broths, wherein otherwise they should vse some of the same kinde of spice.

But if you take three or foure drops only of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is two costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse hauing a narrow mouth, till they haue in some measure incorporated themselues together, you shall find a very pleasing & delightfull water to wash with, and so you may alwaies furnish your selfe of sweete water of seuerall kinds, before such time as your guests shal

be

be ready to ſit downe. I ſpeake not here of the oyle of Spike (which will extend very far this way) both becauſe euery Gentlewoman doth not like ſo ſtrong a ſent, & for that the ſame is elſewhere already commended by another Author. Yet I muſt needs acknowledge it to be the cheaper way, for that I aſſure my ſelf there may be fiue or ſix gallons of ſweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAKE three drammes of oyle of Spyke, one dram of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloues, then take one graine of Ciuet, and three graines of the aforeſaid compoſition well wrought toge-

ther:

ther. Temper them well in a ſiluer ſpoon with your finger: then put the ſame into a ſiluer bowl, waſhing it out by little and little into the bowle with a little Roſe-water at once, till all the oyle be waſhed out of the ſpoon into the bowl: & then do the like by waſhing the ſame out of the bowle with a little Roſe-water at once, til all the ſent be gotten out, putting the Roſe-water ſtill in a glaſſe, when you haue tempered the ſame in the bowl ſufficiently. A pint of Roſe-water will be ſufficient to mingle with the ſaid proportion: & if you finde the ſame not ſtrong enough of the Ciuet, then you may to euery pint put one graine and a halfe, or two graines of Ciuet to the weight of three grains of the afore-ſaid compoſition of oyles.

30. *To colour a black haire preſently into a Cheſnut-colour.*

This

THis is done with oile of Vitriol: but you muſt do it very carefully not touching the skin.

31. *A preſent and delicate perfume.*

LAy two or three drops of liquid Amber vpon a glowing coale, or a peece of Lignum Aloes, Ligrum, Rhodium, or Storax.

32. *To renew the ſent of a Pomander.*

TAke one grain of Ciuet, and two of Muſk, or if you double the proportion, it will bee ſo much the ſweeter: grinde them vpon a ſtone with a little Roſe-water; and after, wetting your hands with Roſe water, you may worke the ſame in your Pomander. This is a ſleight to paſſe away an old Pomander: but my intention is honeſt.

33. How to gather and clarifie May-dew.

WHen there hath fallen no raine the night before, then with a cleane and large sponge, the next morning, you may gather the same from sweet herbs, grasse or corne: straine your dew, and expose it to the Sun in glasses couered with papers or parchment pricke full of holes; straine it often, continuing it in the Sun, & in an hot place, till the same grow white and cleare, which will require the best part of the Summer.

Some commend May-dew, gathered from Fennell and Celandine, to be most excellent for sore eyes: and some commend the same (prepared as before) aboue Rosewater for preseruing of fruits, flowers, &c.

34. *Diuers excellent ſents for gloues, with their proportions and other circumſtances, with the manner of perfuming.*

THE Violet, the Orenge, the Lemmon duely proportioned with other ſents, performe this wel: ſo likewiſe of Labdanum, Storax, Beniamin.

The manner is this: Firſt, lay your amber vpon a few coales, till it begin to crack like lime: then let it cool of it ſelf, taking away the coals: then grinde the ſame with ſom yellow ocre, till you perceiue a right colour for a gloue: with this mixture waſh ouer your gloue with a little haire-bruſh vpon a ſmooth ſtone in euery ſeame, and all ouer: then hang your gloues to dry vpon a line: then, with gumme Dragagant diſſolued in ſome Roſe-water, and ground with a little oil de Ben, or of ſweet

ſweet Almonds vpon a ſtone: ſtrike ouer your gloues in euery place with the gumme and oile ſo ground together: doe this with a little ſponge, but bee ſure the gloues bee firſt thorowly dry, and the colour well rubbed and beaten out of the gloues: then let them hang againe till they be dry, which will bee in ſhort time. Then if you will haue your gloue to lye ſmooth & fair in ſhew, go ouer it againe with your ſponge and the mixture of gumme and oile, and dry the gloue yet once againe. Then grinde vpon your ſtone two or three grains of good Muſk, with halfe a ſpoonfull of Roſe-water, and with a very little peece of a ſponge, take vp the compoſition by a little and a little: and ſo lay it vpon your gloue, lying vpon the ſtone. Picke and ſtrain your gum Dragagant before you vſe it. Perfume but the one ſide of your gloue at once, and then hang it vp to dry, and then finiſh the other ſide. Ten grains of Muſk will

giue

giue a ſufficient perſume to eight paire of gloues. Note alſo, that this perfume is done vpon a thin Lambs leather glouc: and if you work vpon a Kids skin or Goats skin, which is vſuall leather for rich perfumes, then you muſt adde more quantitie of the oyle of Ben to your gum, and go ouer the gloue twice therewith.

35. *Sweet bags to lye among linnen.*

FIll your bags only with Lignum Rhodium finely beaten, and it will giue an excellent ſent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

THE laſt water that is drawne from honey, beeing of a deepe redde colour, performeth the ſame excellently:

excellently: but the ſame hath a ſtrong ſmell, and therefore muſt be ſweetned with ſome aromaticall bodie.

Or elſe the haire being firſt clean waſhed, and then moiſtened a pretty while by a good fire in warme Allome water with a ſponge, you may moiſten the ſame in a decoction of Turmerick, Rubarb, or the Bark of the Barberry tree: and ſo it will receiue a moſt faire and beautiful colour.

The Dogberry is alſo an excellent berry to make a golden liquor withall for this purpoſe: beat your Allom to powder; and when the water is ready to ſeethe, diſſolue it therein: foure ounces to a pottle of water, wil be ſufficient: let it boyl a while, ſtrain it, and this is your Allome-liquor, wherewith you muſt firſt prepare the haire.

37. *How to colour the head or beard into a Cheſnut colour in halfe an houre.*

TAke one part of Lead calcined with Sulphur, and one part of quick lime: temper them ſomewhat thin with water: lay it vpon the haire, chafing it well in, & let it dry one quarter of an houre or thereabout: then waſh the ſame off with faire water diuers times; and laſtly with ſope and water, and it will be a very naturall hair-colour. The longer it lyeth vpon the haire, the browner it groweth. This coloureth not the fleſh at all, and yet it laſteth very long in the hair. *Sæpius expertum*

FINIS.